# བོད་ལུགས་སྨན་རྩིས་ཀྱི་ཚིག་མཛོད་

# བོད་དབྱིན་ཤན་སྦྱར།

# Tibetan-English Dictionary of Tibetan Medicine and Astrology

(Revised and Enlarged Edition)

Dr. Tsering Thakchoe Drungtso
&
Mrs. Tsering Dolma Drungtso

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# Transliteration

I have used here Turrel Wylie's standardized Tibetan Transliteration system. The following chart illustrates the Wylie transliteration system for the base letters and four vowels.

| | | | |
|---|---|---|---|
| ཀ་ka | ཁ་kha | ག་ga | ང་nga |
| ཅ་ca | ཆ་cha | ཇ་ja | ཉ་nya |
| ཏ་ta | ཐ་tha | ད་da | ན་na |
| པ་pa | ཕ་pha | བ་ba | མ་ma |
| ཙ་tsa | ཚ་tsha | ཛ་dza | ཝ་wa |
| ཞ་zha | ཟ་za | འ་'a | ཡ་ya |
| ར་ra | ལ་la | ཤ་sha | ས་sa |
| ཧ་ha | ཨ་a | | |

| | | | |
|---|---|---|---|
| ཨི་i | ཨུ་u | ཨེ་e | ཨོ་o |

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# Dedication

The second edition of this dictionary is lovingly dedicated to our daughters, *Yangchen Lhamo* and *Tenzin Tseyang Drungtso*; and to all the children of Tibet whose health we have an obligation to insure.

# སྔོན་གླེང་།

སྨན་དགེ་ཚེ་རིང་ཐག་གཅོད་དྲུང་འཚོ་དང་སྐར་རྩིས་པ་ཚེ་རིང་སྒྲོལ་མ་དྲུང་འཚོ་ཟུང་ནས་ད་ལམ་སྨན་རྩིས་རིག་གཞུང་དུ་གསལ་བའི་ཚིག་དང་ཐ་སྙད་དཔྱད་གཞིའི་ཡིག་ཆ་མང་པོ་ཞིག་ལྷ་སློག་དང་འབད་བརྩོན་གྱིས་བོད་ལུགས་སྨན་རྩིས་ཀྱི་ཚིག་མཛོད་བོད་དབྱིན་ཤན་སྦྱར་ཐོག་ནས་དཀའ་ངལ་ཁྱད་བསད་མཛད་འདུག་པ་འདིས་བོད་ཀྱི་སྨན་རྩིས་རིག་གཞུང་ལ་དོན་གཉེར་ཅན་རྣམས་ཀྱི་སློབ་སྦྱོང་དང་བསམ་བློ་ཡར་རྒྱས་འགྲོ་ཐུབ། དེར་རྟེན་བོད་ལུགས་སྨན་རྩིས་གཞུང་སྦྱོང་འདོད་དང་ཞིབ་འདོད་ཡོད་པའི་བློ་གསར་གཞོན་ནུ་རྣམས་ལ་ཕན་པའམ་འབྱུང་ངེས་རེད།

ཟླ་སྨན་བསྟན་འཛིན་ཆོས་གྲགས་ཀྱིས་ཕྱི་ལོ་༡༩༩༩ ཟླ་༦ ཚེས་༡ ལ།

# Foreword

This comprehensive Tibetan-English Dictionary of Tibetan Medicine and Astrology compiled by Dr. Tsering Thakchoe Drungtso and Mrs. Tsering Dolma Drungtso is much welcomed.

They worked through numerous texts and references of Tibetan medicine and astrology, and were able to bring out this dictionary with much enthusiasm and in the face of hardship. It is the basis of development of one's mind and knowledge on Tibetan medicine and astrology. This book provides an authentic source for those who wish to learn and know more about the science and philosophy of Tibetan medicine and astrology.

Therefore, I am sure that it can be of immense benefit to anyone interested in developing his or her knowledge of Tibetan medicine and astrology.

Dr. Tenzin Choedrak
(Senior Personal Physician to His Holiness the Dalai Lama)

1st June, 1999

# སྙིང་བརྗོད།

༄༅། ཨོཾ་བདེ་ལེགས་སུ་གྱུར་ཅིག

གངས་ལྗོངས་མིག་གཅིག་ཕྲུག་ན་པད་མོ་དང་།

སྔོན་བྱོན་སྨན་རྩིས་མཁས་དབང་རིམ་བྱོན་གྱི།

སྨད་བྱུང་ཕན་བདེའི་མཛད་པར་སྙིང་ནས་རངས།

སྒོ་གསུམ་གུས་ཕྱག་སྔོན་སོང་སྙིང་ནས་འདུད།

ཐ་སྙད་སྨན་རྩིས་བརྡ་ལ་མ་བསྟེན་པར།

གཞུང་ལུགས་དོན་རྣམས་ཇི་བཞིན་ག་ལ་རྟོགས།

གཞུང་གི་དོན་ནི་ཚུལ་བཞིན་མ་རྟོགས་པར།

སྨན་རྩིས་འགྲོ་དོན་ཉིན་མོའི་སྐར་མ་ཙམ།

ཇི་ལྟར་ཉི་ཟླ་ཀུན་གྱི་གྲོགས་འགྱུར་བཞིན།

སྨན་རྩིས་རིག་པ་འདི་ཡང་དེ་དེ་མཚུངས།

དེ་ཕྱིར་ཕྱོགས་ཀུན་འགྲོ་དོན་ཡོང་སླད་དུ།

གོ་སླ་ལྷ་བདེའི་ཚིག་མཛོད་འདི་རུ་འབུལ།

ཞེས་ཡུལ་གོང་མ་ལ་མཆོད་ཅིང་ཕྱག་བྱ་བ་དང་དམ་བཅའ་བ་སྔོན་དུ་བཏང་ནས་ཅུང་ཟད་སྙིང་ན། བོད་ཀྱི་སྨན་རྩིས་གཞུང་ལུགས་ནི་གངས་ལྗོངས་བཅུ་ཕྲག

རིག་གནས་ཀྱི་ཁོངས་སུ་ཆེས་ལོ་རྒྱུས་ཀྱི་རིན་ཐང་ལྡན་ལ། .བོད་ཀྱི་གདོད་མའི་སྲི་ཚོགས་ནས་སྔོ་བརྩམས་ཏེ་མི་རིགས་རང་ཉིད་ཀྱི་གོམས་སྲོལ་དང་བསྟུན་ནས་ཉམས་སྐྱོང་བྱུང་བ་ཁག་བོད་ཀྱི་མཁས་པས་བློ་གྲོས་ཀྱི་རྩལ་དང་ཤེས་རིག་གི་མཐུ་ལ་བརྟེན་ནས་གསར་གཏོད་དང་གཏན་འབེབས་བྱས་པ་ཞིག་ལགས། ༄གོང་ས་སྐྱབས་མགོན་ཆེན་པོ་མཆོག་གི་བཀའ་སློབ་ལས། རིག་གཞུང་དེ་དག་ནི་རང་ཅག་བཙན་བྱོལ་དུ་གནས་སྐབས་ཀྱང་གཞན་ལ་ཕན་ཐོག་སྙེར་ཐུབ་པའི་ཆ་རྐྱེན་བཟང་པོ་ཞིག་ཡིན་སྟབས་རང་རེའི་མེས་པོ་བཀའ་དྲིན་ཅན་ཚོས་ཇི་ལྟར་གདམས་པའི་གཞུང་དོན་རྣམས་དེང་དུས་སུ་སྨིན་པ་དང་སྐར་རྩིས་པ་ཚོས་རྩལ་བཞིན་ཉམས་སུ་བླངས་ཏེ་ལྷག་བསམ་བཟང་པོའི་སྒོ་ནས་རྒྱལ་མཚམས་རིས་མེད་ཀྱི་སྐྱི་རྒྱུར་སྲི་ཞུ་ཞབས་འདེགས་ལྷབས་ཆེན་སྒྲུབ་དགོས་ཞེས་དུས་གསུམ་གསལ་གཟིགས་ཀྱི་བཀའ་སློབ་སྩ་ཕྱི་རིམ་པ་ཕེབས་པ་ནི་བཀའ་དྲིན་གྱི་དཔལ་དུ་འགྱུར།

# ཐོག་མའི་དམིགས་ཡུལ།

བོད་ཀྱི་སྨན་རྩིས་ཆེད་སྦྱོང་བ་ཚོར་སྐབས་ཕྲལ་བཀླ་བདེའི་ལྟེ་མིག

བོད་ཀྱི་སྨན་རྩིས་ལ་དོན་གཉེར་དང་འདུན་པ་ཡོད་རིགས་ལ་དགའ་གནད་ཀྱི་ལྟེ་མིག

བོད་ཀྱི་མཁས་པ་དང་སྨན་རྩིས་ཞིབ་འཇུག་པ་ཚོར་གཞུང་གི་སྒོ་འབྱེད་ལྟེ་མིག

བོད་ཀྱི་སྨན་རྩིས་ལ་གཉེར་བའི་ཕྱི་གླིང་བ་ཚོར་གཞུང་གི་བང་མཛོད་སྡོགས་པའི་ལྟེ་མིག

བོད་ཀྱི་སྨན་རྩིས་བ་དབྱིན་སྐད་ཡོངས་བ་ཚོར་རྒྱལ་མཚམས་རིས་མེད་སྲི་ཞུ་སྒྲུབ་པའི་ལྟེ་མིག

ལྷག་པར་དུ་བོད་ཀྱི་སྨན་རྩིས་བསྟན་པ་རྒྱས་པའི་གཞི་རྩའི་ལྟེ་མིག་བཅས་སོ།

# ཚིག་མཛོད་ཀྱི་ཁྱད་ཆོས།

རྒྱུན་ལྡན་ཡང་སྲིད་བཞེད་སྒྲོད་ཡོད་པའི་སྨན་རྩིས་ཐ་སྙད་ཁག་འདེམས་སྒྲིག ཐ་སྙད་སོ་སོར་ལེགས་སྦྱར་དང་དབྱིན་སྐད་དང་རྩེ་ཞིང་རིག་པའི་ཐ་སྙད་གསལ་བཀོད་བྱས་པ།

སྒྲ་གདངས་བརྗོད་སྟངས་དང་ཚིག་གི་དག་ཆ་ཁ་གསལ་ཡོད་པ།

སྨན་རྩིས་དང་འབྲེལ་བའི་ནང་དོན་རིག་པ་དང་ཚན་རིག་གི་ཐ་སྙད་གསལ་བ།

ལེགས་སྦྱར་དང་ཧིན་སྐད་ཀྱི་ཐ་སྙད་གསལ་བཀོད་བྱས་པ།

སྨན་རྫས་ཀྱི་རོ་ནུས་ཕན་ཡོན་དང་མིང་གི་རྣམ་གྲངས་བཅས་གསལ་བ།

# ཚིག་མཛོད་འདིར་འབད་རྟོན་བྱས་ཚུལ།

དེ་འང་གཙོ་བོ་༧རྒྱལ་བ་ཡིད་བཞིན་ནོར་བུའི་བཀའ་སློབ་སྙིང་དབུས་སུ་བཅངས་ཏེ་བོད་ཀྱི་སྨན་རྩིས་རིག་གཞུང་འདི་སྐྱེ་འགྲོ་ཡོངས་ལ་ཕན་པའི་ལས་འགན་སྨན་རྩིས་མི་སྣས་ཕྲག་ཐོག་ཏུ་འཁྱེར་དགོས་སྐབས་ཕྲན་ཟླུང་ནས་མེ་ཏོག་ཆུང་ཡིང་ལྷ་ཛྙས་དཔེ་ལྷར་ལོ་ཤས་ངལ་བ་ཁྱད་དུ་བསད་དེ་སྨན་རྩིས་གཞུང་ཇི་སྙེད་ཞིག་སྦྱོགས་འདོན་དང་དཔྱད་གཞིར་བཟུང་ཐོག་རང་གཞན་གཉིས་ཕན་གྱི་བྱ་བ་འདིར་འདུག་ཡོད། གཞན་ཡང་ཐོག་མ་ཉིད་ནས་ཚིག་མཛོད་འདི་ལྟ་བུ་ཞིག་བྱུང་ན་ཅི་མ་རུང་སྙམ་ནས་རྟོམ་སྒྲིག་གི་འདུན་པ་ཡོད་པ། རྗེས་སོར་རང་གི་གྲོགས་པོ་དང་ཕྱི་མི་སྨན་རྩིས་སློབ་གཉེར་བ་མི་ཉུང་བ་ཞིག་ནས་ཀྱང་ཚིག་མཛོད་འདི་མཇུག་སྐྱིལ་དགོས་གལ་ཆེ་སྐུལ་ཤུགས་ཆེ་བྱས་སྐབས། བོད་ལུགས་སྨན་རྩིས་ཀྱི་ཚིག་མཛོད་བོད་དབྱིན་ཤན་སྦྱར་ཞེས་པ་འདི་བཞིན་ཐོག་མར་༡༩༩༩ ལོར་ཕྱོགས་སྒྲིག་བགྱིས་པ་དོན་གཉེར་ཅན་ཇི་སྙེད་ཅིག་ལ་བྱ་སྒོ་ཁག་བདེ་བླག་སུ་སྤེལ་ཐུབ་པའི་ཕན་ཐོག་རླབས་ཆེན་འབྱུང་བཞིན་པའི་འཕྲིན་བསྒྱུར་ལག་འཁྱེར་ཡོང་བཞིན་ལགས་ན་རང་ཉིད་ཀྱི་ལས་དོན་བརྩམ་པ་འདི་ཉིད་འགྲིག་ཞག་སྣམ་པའི་དགའ་སྤྲོ་ཆེར་སྐྱེས། ཚིག་མཛོད་དེ་ཉིད་ལོ་གཉིས་གོང་ནས་རྩ་རྫོགས་ཕྱིན་སྐབས་སྐྱེ་ཚོགས་ནང་མཁོ་གལ་ཆེ་བས་མངགས་ཉོ་བྱ་མཁན་ཇེ་མང་ལ་སོང་སྟེར་

སོར་དཔར་སྐྲུན་མ་བྱུས་པར་དེར་གཉོན་ཁ་ཞུས་དག་བཅས་དགོས་གལ་མཐོང་སྔེ་ལོ་གཉིས་གོང་ནས་དཀའ་སྤྲུད་འབད་བརྩོན་དང་དངུལ་དངོས་ཀྱི་འགྲོ་གྲོན་ལ་མ་འཛེམས་པར་རྟེན་ཚིག་མཛོད་འདིའི་ནང་དོན་དང་ཚིག་འབྲེལ་བཅས་སྔོ་གང་ས་ནས་ཕུན་སུམ་ཊེ་ཚོགས་སུ་བཏང་ཁྲུལ་གྱིས་སྐབས་འདིར་པར་སྐྲུན་ཞུ་ཐུབ་པ་ནི་སྐལ་བ་དང་ལྡན་ལ་ལྷག་པར་དུ་དོན་གཉེར་ཅན་ཁག་ལ་ཕན་ཐོག་རྒྱ་ཆེ་ཡོང་བའི་རེ་སྒོན་ཞུ།

ཁྱད་པར་གྱི་ཞུ་སྙིང་ནི་ཕྲན་ཟུང་ལ་ཚིག་མཛོད་འདི་ལྟར་དག་སྒྲིག་བྱེད་པའི་ཉམས་མྱོང་དཔེན་པ་དང་དུས་ཚོད་མི་ལྡང་བ་དང་དཔྱད་གཞིའི་ཡིག་ཆ་བཅས་ཀྱི་ཕོངས་རྐྱེན་ཚིག་མཛོད་འདི་སྒྲིག་སྟངས་དང་ཞུ་དག་སོགས་གང་ཅིའི་ཐད་འགལ་འཁྲུལ་གྱི་སྐྱོན་ཆ་མི་ཉུང་བ་ཞིག་ཡོད་ངེས་ལ་རྣམ་དཔྱོད་ཀྱི་སྤྱན་ཡངས་པའི་རྒྱ་ཆེའི་གཟིགས་པ་པོ་རྣམས་པས་སྐྱོན་སེལ་དག་ཐྱིལ་ལ་སྣང་པའི་དག་བཙོས་དང་དགོངས་འཆར་ལྷུག་སྟོལ་མཛད་ཆེ་དེ་དོན་དང་ལེན་ཞུ་འདུན་བཅས། བོད་ལུགས་སྨན་རྩིས་ཀྱི་ཚིག་མཛོད་བོད་དབྱིན་ཤན་སྦྱར་འདི་བཞིན་སྨན་རྩིས་བསྟན་པ་འཛིན་མཁན་རང་མ་ཉམ་བློ་མཐུན་རྣམས་མགུ་བའི་མཆོད་སྤྲིན་དུ་སྤྲོས་ཏེ་འབུལ་བ་ལགས་སོ། བོད་གཞུང་སྨན་རྩིས་མཐོ་སློབ་ཁང་གི་སྨན་དགེ་ཆེ་རིང་ཐག་གཅོད་དྲུང་འཚོ་ནས་ཕྱི་ལོ་༢༠༠༩ ས་ཟླའི་དུས་ཚེས་ཁྱད་པར་ཅན་གྱི་སྐབས་སུ་སྦྱར་བ་དགེ་ལེགས་འཕེལ།

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# Introduction

The first edition of this dictionary was well received and went out of print since two years. Although there has been high demand for its reprint, Drungtso publication did not do so to improve and revise it as the first edition was brought out with much hardship due to lack of resources and personal experience.

Our aim in compiling this dictionary was to bridge the gab between scholars, students and researchers of English and Tibetan speaking and to fulfil the expectations of those who requested it. It was also to benefit many of our non-English speaking doctors and astrologers, so that their services will reach beyond Tibetan community.

Despite our limited knowledge and experience, we have taken every care in revising and editing this edition. We have featured here the transliteration, phonetics, common English names, Sanskrit or Hindi names and botanical terms of the medicinal plants and other contents and their tastes, potency; uses as well as compounding, their actions and nature. The entry of words is done according to Tibetan alphabetical order; and transliteration are italicized which is followed by phonetic and then meaning.

Despite our best efforts to be comprehensive and accurate, it is likely that there are still errors and omissions. We hope that the users will feel free to write to us, with any

kinds of suggestions, so that we could improve the future editions.

Dr. Tsering Thakchoe Drungtso
T.M.A.I. of His Holiness the Dalai Lama
Dharamsala

June 25th 2004

# ཀ།

ཀ་ཀ་ནི་ལ།

*ka.ka.ni.la*
ka ka ni la
Amethyst
A transparent purple precious stone, it is a type of quartz

ཀ་ཀོ་ལ།

*ka.ko.la*
ka ko la
Skt. Name: Bara illachi
English Name: Greater cardamom
Botanical Name: Amomum subulatum
Taste: Hot
Potency: Warm
Uses: It is recommended for disorders like gastro-splenic dysfunction, distension and rumbling of the stomach and large intestine, *rLung* and *Bad-kan* combined *(grang.ba)* disorders, indigestion, flatulence and promotes appetite.

ཀ་དུ་རི།

*ka.du.ri*
kaduri
Skt. Kasthu ri; it is a synonym for musk (*gla.rtsi*)

ཀ་ན་ཀ།

*ka.na.ka*
ka na ka
Gold
It is a synonym of *gser* (gold).

ཀ་པ་ལ།

*ka.pa.la*
ka pa la
Human skull
It is sometimes used to make religious items (mainly for tantric rituals)

ཀ་པི་ལ།

*ka.pi.la*
kapila
It is a synonym for Aquilaria sinensis (*a.ga.ru*)

ཀ་བ།

*ka.ba*
kawa

Pillar; it is one of the Tibetan astrologer's soul stones *(bla.rdo)*

ཀ་བེད།

*ka.bed*
kabey
Hindi Name: Bilva
English Name: Cabalash gourd
Botanical Name: Lagenaria Siceraria
Taste: Sweet to astringent
Potency: Hot
Uses: It cures diarrhoea (both of hot and cold nature) and relieves swelling of limps or extremities.

ཀ་བེད་ཕོ།

*ka.bed.pho*
kabey fo
Lagenaria siceraria (Molina) Standl.

ཀ་བེད་མོ།

*ka.bed.mo*
kabey mo
Aegle marmelos (L.) Corr., See *(ka.bed)*

ཀ་ར།

*ka.ra*
ka ra
Hindi Name: Misri
English Name: White sugar
Taste: Sweet
Potency: Cool
Uses: It has medicinal value to cure fever, blood and bile disorders, cough and to regain bodily strength.

ཀ་རཉྫ།

*ka.ran.za*
ka ran zaa
Hindi Name: Karanjika
English Name: Indian Beech
Botanical Name: Caesalpinia Bonducella
Uses: It is recommended to regenerate digestive heat.

ཀ་ལ་པིང་ཀ།

*ka.la.ping.ka*
ka la pin ga
Sparrow (Passer sp.)

ཀརྐ་ཊ།

*ka.rka.ta*
kata
Cancer; one of the twelve zodiac signs and is

represented by a crab in Tibetan astrological system

སྐག།

*skag*

kak

Obstacles or hurdles; According to Tibetan astrology, there are specific ages during which an individual may face hurdles in life. These particular ages are: 13, 25 (for women), 37 (for men), 49, 61, 73, 85 and 97 years.

ཀན།

*kan*

ken

Middle finger

Under the middle finger Tibetan physicians take the pulse of spleen, stomach, liver and gall bladder; it also refers to the vein on which physician's middle finger feels the above pulse.

ཀནྟ་ཀ་རི་དཀར་པོ།

*kan.ta.ka.ri.dkar.po*

kenta kari kar po

Botanical Name: Rubus sp.

Taste: Sweet to bitter to hot

Potency: Cool, heavy and oily

Uses: It is useful for treating fever associated with *rLung*, common cold, pulmonary ailment, disturbed and unripe fever.

ཀནྟ་ཀ་རི་སྨུག་པོ།

*kan.ta.ka.ri.smug.po*

kenta kari mook po

Botanical Name: Rubus sp.

Taste: Sweet to bitter to hot

Potency: Cool, heavy and oily

Uses: See *Ken.ta.ka.ri.dkar.po*

ཀནྟ་ཀ་རིའམ་སྟག་ཚེར།

*kan.ta.ka.ri.'m.stag.tsher*

kenta kari wam tag tser

Botanical Name: Solanum xanthocarpum

Taste: Sweet to bitter

Potency: Warm

Uses: It is useful for treating fever associated with *rLung*, asthma, difficult child birth, urine retention, distension of small and large intestine, common cold, pulmonary ailment, disturbed fever, unripe and infectious fever.

## ཀནྟི་ཀ་ར།

*kan.ti.ka.ra*
kenti kara
A synonym for Cassia fistula L. (*dong.ga*)

## ཀར་ཆུང་།

*kar.chung*
kar choong
Sugar
Uses: See (*ka.ra*)

## ཀུ་ཏ་ར་ན།

*ku.ta.ra.na*
kuta rana
It is an inferior type of Euphorbia fischeriana Steud (*dur.byid*)

## ཀུ་ཙན་དན།

*ku.tsan.dan*
kutsen den
A synonym for an inferior type of Pterocarpus santalinus L.F. (*tsan.dan.dmar.po*)

## ཀུ་ཡ།

*ku.ya*
ku ya
Sediments, albumin
A characteristic feature of a urine where sediments appear like hair or cotton thrown in water, which indicates the disorders of rlung, mkhris-pa and bad-kan respectively.
The urine sediments of the healthy person is of moderate density and uniformly distributed (*ku.ya.snyoms.khyab*)

## ཀུ་ཤ།

*ku.sha*
ku sha
Botanical Name:
Thysanolaena maxima (Roxb) O.ktze
Taste: Sweet to astringent
Potency: Neutral
Uses: It increases life -span, strengthen the bodily constituents, enhances physical complexion and radiance and eliminates harmful evil spirits influence.

## ཀུ་ཤུ།

*ku.shu*
ku shu
Hindi Name: Seb
English Name: Apple

Botanical Name: Malus pumila Mill
Taste: Sweet to slightly sour
Potency: Cool to light
Uses: It is useful for treating grumbling of large intestine, dysentery, fever developed in vessel organs, morbid thirst, constipation, promotes appetite and restores blood.

ཀུ་སུ་མ།

*ku.su.ma*
ku su ma
Saffron (see *gur.gum*)

ཀུན་མཁྱེན།

*kun.mkhyen*
koon kyen
Omniscient (lit. all knowing)

ཀུན་འགྲོའི་རྒྱུ།

*kun.'gro'i.rgyu*
kun doe gyoo
Ever-functioning cause; one of the six types of causes or delusions which occur in all the three realms of existence and act as obstacles in attaining nirvana

ཀུན་དགའ་བོ།

*kun.dga'.bo*
kun gawo
Skt. Sarvananda; a saint who was present during Buddha's teaching on Medicine

ཀུན་བརྟགས།

*kun.brtags*
kuntak
Imputed phenomena, artificial labelling

ཀུན་བརྟགས་གདོན་ནད།

*kun.brtags.gdon.nad*
kun tak don ney
Diseases caused by harmful evil spirits; according to Tibetan Medicine, there are one hundred and one diseases of this type

ཀུན་འབྱུང་།

*kun.'byung*
kun joong
Delusions that become causes of all the miseries of the impure world and it's inhabitants including human beings

ཀུན་འབྱུང་བདེན་པ།

*kun.'byung.bden.pa*
kun joong denpa
The truth of origin of suffering or the true causes of suffering

ཀུན་རྫོབ།

*kun.rdzob*
kun zob
Conventional phenomena

ཀུན་རྫོབ་བདེན་པ།

*kun.rdzob.bden.pa*
kunzob denpa
Conventional or relative truth, phenomenally true (conventional truths are true as far as ordinary being's minds are concerned)

ཀུན་གཞི།

*kun.gzhi*
kun shee
The basis or the foundation of all things

ཀུན་གཞི་གནས་ཀྱི་འཁོར་ལོ།

*kun.gzhi.gnas.kyi. 'khor.lo*
kun shee ney kee khorlo
The point at the heart level where all energy channels gather

ཀུན་གཞི་རྣམ་ཤེས།

*kun.gzhi.rnam.shes*
kunshi namshey
Skt. Alayavijnana, the mind-basis of all, the root consciousness, which is believed to be the primary and store house of all mental imprints

ཀུན་སློང་།

*kun.slong*
kun long
Skt. Samutthana/motivation, primary consciousness directed towards a goal

ཀེ་ཏུ།

*ke.tu*
ketu
Skt. Kalagni, descending node, dragon's tail–one of the planets according to Tibetan Astronomy

ཀེ་ས་ར།

*ke.sa.ra*
ke sa ra

Anthers of flowers, syn. of Crocus sativus L. (*gur.gum*)

ཀེག་སྐར།

*keg.skar*
keg kar
Obstacle constellations

ཀེང་རུས།

*keng.rus*
keng rue
Skeleton

ཀེང་རུས་ཀྱི་རྣམ་བཞག

*keng.rus.kyi.rnam.bzhag*
keng rue ki namshak
The skeletal system

ཀེང་ཤུ་ཀ།

*keng.shu.ka*
keng shue ka
A name of the tree from which red lac (*rgya.skyegs*) is derived.

ཀོ་ཐ།

*ko.tha*
*kotha*
Hindi Name: Haimavati
Botanical Name: Iris goniocarpa Bakor
Uses: It has medicinal value to cure poisoning and *Bad.kan.smug.po* (brown phlegm).

ཀོ་ཐ་ཟླ་བསིལ།

*ko.tha.zla.bsil*
kotha da sil
Iris Potaninii Maxim

ཀོ་བྱི་ལ།

*ko.byi.la*
kojila
Skt. Name: Kuchla
Botanical Name: Strychnos Nux-Vomica Linn (*ldum.stag*)
Taste: Bitter
Potency: Cool
Uses: It cures stomach ache, respiratory problems, wind and blood combined diseases and upper back ache due to neurological disorders.

ཀོ་བྱི་བཅུ་གསུམ།

*ko.byi.bcu.gsum*
koji chusum
Nuxvomica thirteen.
Ingredients: *ko.byi.la, ar.nag, kan.ta.ka.ri, ru.ta, ma.nu, a.ru, sga.skya, dza.ti, snying.zho, sle.tres*
Nature: Cool

Uses: It is used against upper back-pain due to blood-wind disorders and *rKang.'bam* ascending towards upper back causing hypertension.

## ཀོ་རུལ།

*ko.rul*
ko rul
Rotten hide or leather; an unagreeable smell of urine of a patient which resembles to rotten hide

## ཀོང་སྤྲུལ་ཡོན་ཏན་རྒྱ་མཚོ།

*kong.sprul.yon.tan.rgya.mtsho*
kong trul yonten Gyatso
Kongtrul Yonten Gyatso (1813-1899), was born in the Water-Bird year in *Dokham.* He was one of the great scholars who composed numerous texts on medicine and four major fields of studies

## ཀོན་པ་གབ་སྐྱེས།

*kon.pa.gab.skyes*
konpa gabkey
Botanical Name: Saussurea ilkiangensis, Saussurea Pachyneura Franch
Taste. Bitter
Potency: Cool
Uses: It is useful in treating haemorrhage, chronic and new wounds, fever associated with blood and nerves, joins the ruptured and cut channels and controls bleeding.

## ཀོན་པ་གབ་ཆུང་།

*kon.pa.gab.chung*
konpa gabchung
Saussurea Pachyneura Franch.
It is a type of *kon.pa.gab.skyes.*

## ཀོན་པ་གབ་ཆེན།

*kon.pa.gab.chen*
konpa gabchen
Saussurea ilkiangensis, a synonym for female or big type of *kon.pa.gab.skyes.*

## ཀྱི་ལྕེ་དཀར་པོ།

*kyi.lce.dkar.po*
kiche karpo
Hindi Name: Trayamana
Botanical Name: Gentiana robusta
Taste: Bitter
Potency: Cool
Uses: It cures bile fever and fever of hollow and vessel organs. It is also used against gastritis, hepatitis, bile

disorders associated with fever, wounds and to relieve swelling.

ཀྱི་ལྕེ་ནག་པོ།

*kyi.lce.nag.po*
kiche nakpo
Hindi Name: Gul-i-ghatis
Botanical Name: Gentiana tianschanica
Taste: Bitter
Potency: Cool
Uses: It is used to treat fever of vessel organs, bile fever, swelling of tongue, diptheria, swelling of joints and dries serous fluids.

ཀྲོ་མ་ཀྲོ།

*kro.ma.kro*
to ma to
English Name: Tomato
Botanical Name:
Lycopersicon –esculentum
Taste: Sour to Sweet
Potency: Cool
Uses: It reduces the risk of cancer and appendicitis besides restoring blood. It promotes digestion, healthy nerves, healthy heart, healthy vision, and is effective in treating constipation, high blood pressure, liver and kidney complaints, diabetes, obesity and prevents formation of urinary stone.

ཀླ་ཀློ།

*kla.klo*
la lo
Skt. Mleccha/Barbarian or uncivilised

ཀླད་ཁྲག་ཁར་འགགས་ཀྱི་ནད།

*kle.khrag.khar.'gags.kyi.nad*
le tahk khar gag ki ney
Brain thrombosis

ཀླད་ཁྲག་འཁར་བའི་ནད།

*klad.kbrag.'khar.ba'i.nad*
le tahk khar bey ney
Ischemic stroke
A condition characterised by bleeding or reduction of blood flow to the brain

ཀླད་ཁྲག་འགགས་པའི་ནད།

*klad.khrag.'gags.p'i.nad*
le tahk gak pey ney
Stroke
A condition characterised by disturbance of blood supply to part of the brain.

ཀླད་རྒྱའི་ཕྱི་ཤུན།

*klad.rgya'i.phyi.shun*
le gye chi shoon
Cerebral cortex (the external gray skin cover of the brain)

ཀླད་ཆུང་།

*klad.chung*
le choong
Cerebrum

ཀླད་ཆེན་གྱི་དབང་རྩ།

*klad.chen.gyi.dbang.rtsa*
lechen gi wang tsa
Perineurium

ཀླད་དར་གཉན་ཚད།

*klad.dar.gnyan.tshad*
ledar nyan tshey
Meningitis
A condition characterised by inflammation of the meninges (the covering of the brain or membrane surrounding brain)

ཀླད་པ།

*klad.pa*
le pa
Brain/brain matter
Brain of animals can cure necrosis in the brain (*klad.rul*), glandular disorders and a diseases of infants associated with navel area which become painfully swollen.

ཀླད་པ་དང་སྒལ་ཚིགས་ཀྱི་གཤེར་ཆུ།

*klad.pa.dang.sgal.tshigs.kyi.gsher.chu*
lepa dang gel tshik ki sher choo
Cerebro-spinal-fluid (the fluid which surrounds the brain and spinal cord)

ཀླད་པ་དང་སྒལ་གཞུང་གི་རྩ་སྐྱོན།

*klad.pa.dang.sgal.gzhung.gi.rtsa.skyon*
lepa dang gel shung ki tsa koen
Multiple sclerosis
A condition characterised by damage to nerve cells in brain and spinal cord

ཀླད་པའི་རྒྱ་དར་རམ་དྲ་སྐྱིར་ཁྲག་ཤོར་བ།

*klad.pa'i.rgya.dar.ram.dra.skyir.khrag.shor.ba*
lepey gyadar ram da kyir tag shorwa

Hemorrhagic stroke (which is caused by bleeding within and around the brain)

ཀླད་པའི་གཉན་ཚད།

*klad.pa'i.gnyan.tshad*
le pey nyan tshey
Encephalitis
A condition characterised by inflammation of brain

ཀླད་སྲིན་ཡ་མ་དཀར་ནག

*klad.srin.ya.ma.dkar.nag*
lesin yama kar nag
The white and black animalcules of the brain

ཀླུ།

*klu*
lu
Skt. Naga; it refers to a powerful spirit which dwells on land and water; *Lu* or nagas protect the environment from pollution and harms those who pollute it.

ཀླུ་ཁང་།

*klu.khang*
lu khang
The dwelling place of ***klu***

ཀླུ་སྒྲུབ།

*klu.sgrubs*
lu doop
Skt. Nagarjuna; born 400 years after Buddha; He was the founder of the Madhyamaka school of philosophy and also a great medical scholar

ཀླུ་ཆེན་བརྒྱད།

*klu.chen.brgyad*
luchen gey
The eight chiefs of the Naga i.e. *Norgey, Pema, Topgyu, Jogpo, Pemachenpo, Dungkyong, Rigden, Thaye*

ཀླུ་གཉན།

*klu.gnyan*
lu nyen
Malignant or harmful nagas

ཀླུ་གཉན་ས་བདག་གི་ཕྱག་རྒྱ།

*klu.gnyan.sa.bdag.gi.phyag.rgya*
lu nyen sadak gi chak gya
Protective seal against ***klu*** (naga), ***gnyan*** (malignant) and *sa.bdag* (land owning spirit)

## ཀླུ་ཐེབས།

*klu.thebs*
lu theb
The coming forth of the nagas (*klu*) in summer from their retreats. One can perform ritual like *klu.gtor* during this period.

## ཀླུ་དུག་ནག་པོ།

*klu.dug.nag.po*
luduk nakpo
It is a synonym for Corydalis conspera Maxim (*stong.ri.zil.pa)*

## ཀླུ་བདུད་བཅོ་བརྒྱད།

*klu.bdud.bco.brgyad*
lu due cho gey
Codonopsis Eighteen
Ingredients: *klu.bdud.rdo.rje, a.ru, sman.chen, shu.dag.nag.po, ru.ta, gla.rtsi, spos.dkar, thal.rdor, so.ra, stag.sha, gul.nag, stong.zil, sdig.srin, dbang.lag, seng.ldeng, ba.ru, skyu.ru, ba.sha.ka*
Nature: Slightly cool
Uses: It is used against dermatological diseases, gout, micro-organism, sinusitis, disorders of serous fluid associated with fever, elephantiasis, and athritis.

## ཀླུ་བདུད་རྡོ་རྗེ།

*klu.bdud.rdo.rje*
lu due dorje
Botanical Name: Codonopsis Ovata
Taste: Bitter to acrid to astringent
Potency: Cool
Uses: It cures disorders of serous fluids, skin diseases, epilepsy, arthritis and infections and relieves rigid and painful swelling of joints caused by gout (*dreg*).

## ཀླུ་བདུད་རྡོ་རྗེ་དཀར་པོ།

*klu.bdud.rdo.rje.dkar.po*
lu due dorje karpo
Codonopsis Canescens Nannf

## ཀླུ་བདུད་རྡོ་རྗེ་མཆོག

*klu.bdud.rdo.rje.mchog*
lu due dorje chok
Botanical Name: Codonopsis clematid-ea
Taste: Bitter to hot to astringent
Potency: Neutral

Uses: It is useful for treating epilepsy, diseases caused by Naga spirits, leprosy, gout, arthritis, elephantiasis, stiffness and contraction of ligaments and tendons and accumulation of serum at joints resulting in severe pain.

## ཀླུ་བདུད་རྡོ་རྗེ་ནག་པོ།

*klu.bdud.rdo.rje.nag.po*
lu due dorje nak po
Botanical Name: Codonopsis neryosa (Cnipp) Nannf

## ཀླུ་བདུད་རྡོ་རྗེ་དམན་པ།

*klu.bdud.rdo.rje.dman.pa*
lu due dorje men pa .
Botanical Name: Codonopsis viridis Wallich
Taste: Sweet to slightly bitter
Potency: Cool
Uses: It subside fever associated with lungs, excessive coughing and sputum and pain in the lungs.

## ཀླུ་གདོན།

*klu.gdon*
lu doen
Serpent demon (spirits belonging to the animal realm who often dwell near water)

## ཀླུ་ནད།

*klu.nad*
lu ney
Diseases caused by *klu* or nagas

## ཀླུ་མོ།

*klu.mo*
lu mo
Female nagas or serpent demoness

## ཀླུ་ཤིང་།

*klu.shing*
lu shink
A name for the tree of Bombax ceiba L. (*pad.ma.ge.sar.gyi.shing*)

## ཀླུང་གི་ཤ་མང་།

*klung.gi.sha.mang*
loong gi sha mang
A type of mushroom grows on plains
Uses: It cures poisoning and wounds.

## ཀླུང་སྒོག

*klung.sgog*
loong gok
Allium fasciculation Rendle

It is one of the kinds of wild allium which grows in valleys and meadows. It has a white root which looks like a bunch of worms.
Uses: It cures wounds, swelling and also cancerous quinsy.

ཀླུང་ལྕང་།

*klung.lcang*
loong chang
Salix babylonica L.

ཀླུང་སྨེ།

*klung.sme*
loong mey
Luck magic square number or luck *smeba*

ཀླུང་ཤོ།

*klung.sho*
loong sho
Rumex nepalensis Spreng, is a type of Rumex sps. (*sra.mang*)
Its seeds are said to be beneficial for all kinds of mouth disorders.

ཀླུའི་རླུང་།

*klu'i.rlung*
Lue loong
The Naga *rlung* Energy (Skt. naga)
*Location:* West petal of the heart
*Element:* Earth
*Actions:* It is the air, which releases abdominal pressure by belching.

ཀློག་པ།

*klog.pa*
lok pa
Read; to read holy scriptures to dispel obstacles or hindrances

དཀའ་ངལ།

*dka'.ngal*
ka ngel
Difficulty; hardship

དཀའ་ཐུབ་སྤྱོད་པ།

*dka'.thub.spyod.pa*
kathub choe pa
Asceticism; to withstand hardships

### དཀའ་གཉིས་སྤྱོད།

*dka'.gnyis.spyod*
ka nyi choe
lit. Double accomplishment in suffering; A name of a saint who was present during the Buddha's teaching on Medicine

### དཀར་ཁྲ་མེན།

*dkar.khra.men*
ka ta men
Agate, a hard stone with stripes of colour with different eyes; among which nine eyes agate is supreme and said to resist epilepsy and diseases of Bhuta *('byung.po* spirits)

### དཀར་གོང་།

*dkar.gong*
kar-gong
Quartz

### དཀར་ཐབ།

*dkar.thab*
karthab
Lit. white stove; An overboiling milk which offends the plague-causing demons

### དཀར་པོ་ཅིག་ཐུབ།

*dkar.po.chig.thub*
karpo chik thup
Botanical Name: Soroseris sp.
Taste: Astringent to sweet
Potency: Cool
Uses: It is used to treat stomach ailments and colic pain caused by intestinal worms, poisoning, diptheria, sudden swelling of the body and epidemic inflammations.

### དཀར་པོ་སྦལ་རྒྱབ།

*dkar.po.sbal.rgyab*
karpo bel gyab
English Name: Stalactite
Latin Name: Iron hydroxide
A white thick stone with rough, pimply surface which resembles like the back of a turtle.

### དཀར་ཕྱོགས།

*dkar.phyogs*
karchok
The period from the new moon to the full moon, i.e. 1st to 15th of the Tibetan lunar calendar. Whereas according to the Shivasarvodaya system (*dbyang. 'phyar*) 16th-30th is refer as the *karchok*

དཀར་མོ་ལག་གཡས།

*dkar.mo.lag.gyas*
karmo lak ye
One of the four types of achates *(chong)*

དཀར་རྩི།

*dkar.rtsi*
kar tsi
Lime powder also known as cloth of stupa (*mchod.rten.na.bza*)

དཀར་ཚལ།

*dkar.tshal*
kar tsel
Lettuce
Taste: Sweet to bitter
Potency: Cool
Uses: It clears and opens the channel paths, restores weak blood constituent, enhances lactation and also used against constipation and urine retention.

དཀར་ཡོལ།

*dkar.yol*
kar yol
White procelaine
It is often used by Tibetan doctors as a container in which urine is examined.

དཀར་གསུམ།

*dkar.gsum*
kar soom
The three primary white items or dairy products viz. curd, milk and butter

དཀར་གསུམ་ལྕགས།

*dkar.gsum.lchags*
kar soom chak
Lit. the three metals
It is the colour of the element i.e. the *smeba* number no. 1, 6, 8 are metal element and white in colour.

དཀུ་ལྕི།

*dku.lci*
koo chi
Heaviness in the pelvic region (as from pregnancy)

དཀོན་པ།

*dkon.pa*
kon pa
Rare, hard to obtain, precious

དཀོན་མཆོག་གསུམ།

*dkon.mchog.gsum*
konchok soom
The three precious jewels
1) Buddha (*sangs.rgyas*)
2) Doctrine (*chos*) and
3) Spiritual community (*dge. 'dun*)

དཀོར་བདག

*dkor.bdag*
kor dak
The lord of property (one of the evil spirits)

དཀྱིལ།

*dkyil*
kyil
Centre, middle, intermediate, main

དཀྱིལ་འཁོར།

*dkyil.khor*
kyil khor
Disc (mandala)

དཀྱུས་མ།

*dkyus.ma*
kyue ma
Ordinary, common, general

དཀྱེལ་དུ་གྱུར་བ།

*dkyel.du.gyur.ba*
keldu gyur wa
The fourth stage of diseases (pathogenic maturity)

བཀག་པ།

*bkag.pa*
kak pa
Suppress, retention, prohibit

བཀའ་གཉེན།

*bka'.gnyen*
ka nyen
Short tempered/strict order

བཀའ་ལུང་།

*bka'.lung*
ka loong
1) Oral transmision,
2) Prediction, prophecy

བཀྲ་མི་ཤིས་པ།

*bkra.mi.shis.pa*
ta mi shiba
Calamity, unfortunate events, misfortune

བཀྲ་ཤིས་པ།

*bkra.shis.pa*
tashi ba
Lucky, auspicious, fortunate events

བཀྲ་ཤིས་པའི་ལྟས།

*bkra.shis.pa'i.ltas*
tashi pey tey
Propitious omens

བཀྲ་ཤིས་ཟླ་བ།

*bkra.shis.zla.ba*
tashi dawa
The auspicious month
It refers to a month with no missing or extra days (*chad.lhag.med.pai's.da.ba*)

བཀྲེས་སྐོམ།

*bkres.skom*
te kom
Hunger and thirst
Individual with a bile personality is always hungry and thirsty, and has strong appetite but does not gain weight

བཀྲེས་དུས་ན།

*bkres.dus.na*
te du na
Pain from hunger (symptomatic of diseases caused by wind)

བཀྲུ་འཇམ།

*bkru.'jam*
tu jam
A moderate enema; mainly used against bile-wind combined disorders

བཀྲུ་མ་སླེན།

*bkru.ma.slen*
tuma len
A strong enema insertion mainly used in cases of *bad.kan-rlung* combined disorders

རྐང་།

*rkang*
kang
Marrow, one of the seven bodily constituents

རྐང་ཀྱོག

*rkang.kyog*
kang kyok

Lame, crippled

རྐང་པའི་རྗེ་ངར་ཆེ་བ།

*rkang.pa'i.rje.ngar.che.ba*
kang pey je ngar chewa
Tibia, shin bone

རྐང་པའི་རྗེ་ངར་ཆུང་བ།

*rkang.pa'i.rje.ngar.chung.ba*
kang pey je ngar choong wa
Fibula-the outer of the two bones in the lower part of human leg

རྐང་པའི་རྟིང་ག།

*rkang.pa'i.rting.ga*
kang pey ting ka
Heel

རྐང་འབམ།

*rkang.'bam*
kang balm
Elephantiasis, Skt. slipada
A disorder of blood and *rlung* characterised by abnormal enlargement of legs.

རྐང་མར།

*rkang.mar*
kang mar
Bone marrow

རྐན།

*rkan*
ken
Palate

རྐན་ཕུག

*rkan.phug*
ken phuk
The cavity of the palate

རྐུ་མ།

*rku.ma*
ku ma
Thief

རྐུབ།

*rkub*
koop
Buttock, bottom

རྐེད།

*rked*
key
Lumbar region

རྐེད་པ།

*rked.pa*
key pa
Waist

རྐེད་ཚིགས།

*rked.tshigs*
key tshik
Lumbar vertebra

རྐོ་བ།

*rko ba*
ko wa
Dig

རྐྱང་།

*rkyang*
kyang
Asiatic wild ass (Equus hemionus pallas)

རྐྱང་པ།

*rkyang.pa*
kyang pa
Single, solitary

རྐྱང་མ།

*rkyang.ma*
kyang ma
The left energy channel
It stands adjacent to the central energy channel and extends from the level of the eyebrow to a point between the navel. *Kyang-ma* represents the feminine principle and reflects lunar energy.

*Ida nadi* is the body's main left subtle channel, and runs from the left genital or testicles to the left nostril. In all yogic practices, inhalation begins with the left nostril; the breath entering the left nostril stimulates *Ida nadi* and thus promotes visualizations creativity, nurture the emotions, calms the nerves and silences the mind. Therefore, the yogic science advocate the use of left nostril breathing during the day, when the body is being vitalized by the sun's energy.

རྐྱང་གཤོག་པ།

*rkyang.gshog.pa*
kyang shock pa
Botanical Name: Pedicularis bicornuta Klotzsch
Taste: Sweet to bitter
Potency: Cool
Uses: It is useful for treating vomitting resulting from *Bad-kan* disorder, chronic and initial wounds and drains water accumulation in the body.

རྐྱལ་པ།

*rkyal.pa*
kyel wa
Leather bag used by Tibetans to carry barley beer etc

རྐྱལ་བ་ཆུ་ཐུབ།

*rkyal.ba.chu.thub*
kel wa chu thoop
Geuldenstaedtia sp.

རྐྱེན།

*rkyen*
kyen
Conditions or cause necessary for a particular action to produce result

རྐྱེན་ངན།

*rkyen.ngan*
kyen ngen
Misfortunes, mishaps, calamities

རྐྱེན་ཆགས་འབྱུང་བ།

*rkyen.chags.'byung.ba*
kyen chak joong wa
To befall misfortune leading to death or loss of wealth

རྐྱོང་བ།

*rkyong.ba*
kyong wa
Stretch or extend

ལྐུག་པ།

*lkug.pa*
kuk pa
Dumb

ལྐོག་ནད།

*lkog.nad*
kok ney
Larynx disorder

ལྐོག་མའི་གཉན་གཞི།།

*lkog.ma'i.gnyan.gzhi*
kok may nyen shi
Laryngitis
A condition characterised by inflammation of vocal cords

སྐག

*skag*
kak
Aslesha, Hydrae – one of the twenty-seven constellations
Syn. *gdengs.can.lha.mo*

སྐད།

*skad*

kay

1) Sound, voice
2) Language

སྐད་འགགས།

*skad 'gags*

kay gak

Hoarseness of voice, obstruction of vocal cord

སྐད་ཅིག་མ།

*skad.chig.ma*

kay chikma

Skt. Ekaksana, Momentary, often refers to impermanence

སྐད་ཆ་དྲི་བ།

*skad.cha.dri.ba*

key cha diwa

To interrogate, to ask questions, inquire

སྐམ་པ།

*skam.pa*

kam pa

1) Dry
2) Thin
3) Forceps (a surgical instrument)

སྐམ་ས།

*skam.sa*

kam sa

Dry land

སྐམ་སའི་འབྲུ་རྙིང་།

*skam.sa'i.'bru.rnying*

kam sey doo nying

Aged barley which is grown in a dry land

སྐམ་གསེད་ལེགས་པ།

*skam.gsed.legs pa*

kam sey lek pa

Process of drying the medicinal herbs in which herbs with cool potency are dried in the shade and hot potency are dried in the sun

སྐར་ཁོངས།

*skar.khongs*

kar khong

The sphere of a lunar mansion

སྐར་ཆ།

*skar.cha*

kar cha

Second, one sixtieth of a minute

སྐར་ཆུ།

*skar.chu*
kar choo
It generally refers to water fetched before the dawn and has been exposed to star light. It is said to be beneficial for hot disorders.

སྐར་མདའ།

*skar.mda'*
kar dah
Shooting star

སྐར་རྡོ།

*skar.rdo*
kar doh
Meteors

སྐར་ཕྲན།

*skar.phran*
kar ten
Lit. a little star, Asteroid - small rocky objects in the solar system

སྐར་མ།

*skar.ma*
karma
1) Star
2) Minute

སྐར་མ་བཅོ་ལྔ་།

*skar.ma.bco.lnga*
karma cho nga
A quarter of an hour/ fifteen minutes

སྐར་མ་རྣམ་རྒྱལ།

*skar.ma.rnam.rgyal*
karma namgyal
Uranus

སྐར་མ་ཕྲ་ཆེམ་ཆེམ།

*skar.ma.phra.chem.chem*
karma tra chem chem
Twinkling stars

སྐར་མ་མཚོ་རྒྱལ།

*skar.ma.mtsho.rgyal*
karma tsogyal
Neptune

སྐར་མ་གཤིན་རྒྱལ།

*skar.ma.gshin.rgyal*
karma shingyel
Pluto

སྐར་རྩིས།

*skar.rtsis*
kartsi

Astronomy; Scientific study of the universe as a whole including the stars, the moon, planets and the sun

སྐར་རྩིས་པ།

*skar.rtsis.pa*
kartsi pa
Astronomer/a person who studies astronomy

སྐར་རྩིས་བློས་སླངས།

*skar.rtsis.blos.slangs*
kartsi loer lang
Planetarium

སྐར་འོད་འཇལ་བྱེད་ཡོ་ཆས།

*skar.'od.'jal.byed.yo.chas*
kar oed jel jey yo chae
Astrometer

སྐལ་མཉམ་གྱི་རྒྱུ།

*skal.mnyam.gyi.rgyu*
kel nyam gi gyu
Equal state-cause, causes of the same outcome

སྐལ་ལྡན།

*skal.ldan*
kalden
One possessing the good fortune through accumulation of merits

སྐལ་བ་དྲུག

*skal.ba.drug*
kel wa druk
The six excellent possessions
1. Power and wealth (*dbang.phyug*)
2. Good physical body (*gzugs.bzang*)
3. Glory *(dpal)*
4. Fame *(grags.pa)*
5. Wisdom *(ye.shes)* and
6. Perseverance *(brtson.'grus)*

སྐུ།

*sku*
ku
Statue

སྐུ་སྤྲུལ།

*sku sprul*
ku tool
Emanation of Buddha-body

སྐུ་ཤིག་པ།

*sku.shig.pa*
ku shik pa
Demolition of sacred images

སྐུད་པ།

*skud.pa*
kue pa
Thread

སྐེ།

*ske*
ke
Neck

སྐེ་ཚེ།

*ske.tshe*
ke tsey
Botanical Name: Roripa indica (L) Hiern
Taste: Hot
Potency: Coarse
Uses: It subdues demonic obstacles and treats swelling and diphtheria or quinsy (*lhog.pa*).

སྐེ་ཡི་རྨེན་བུ།

*ske.yi.rmen.bu*
kay yi men boo
Thyroid gland

སྐེ་རེངས་པ།

*ske.rengs.pa*
kay reng pa
Stiff neck
A condition characterised by inability to move head freely

སྐེད་ཐིག

*sked.thig*
ke thik
Equator, an imaginary line drawn around the middle of the earth at an equal distance from the poles

སྐེམ་པོ་སུལ་མང་།

*skem.pa.sul.mang*
kem po sul mung
A type of myrobalan but slightly smaller and thinner than the others; fruit is used for dyeing as well

སྐེམ་བྱེད།

*skem.byed*
kem jey
Lit. Dehydrating
It is the king of evil spirit which causes blight.

སྐེའི་རྨ།

*ske'i.rma*
ke yi ma
Cervical wounds or an injury

སྐོམ་དད།

*skom.dad*
kom deh
Morbid or excessive thirst/ extreme thirst, Skt. *trsna-roga*

སྐོམ་མི་མཐུན་བསྟེན་པ།

*skom.mi.mthun.bsten.pa*
kom mithun tenpa
Reliance on unsuitable beverages or drinks

སྐོར་འགོ།

*skor.'go*
korgo
Lit. the head of the astrology calculation

སྐོར་བ་བྱེད་པ།

*skor.ba.byed.pa*
kor wa jey pa
Perform circumambulation

སྐོལ་བ།

*skol.ba*
kol wa
Boil, braise

སྐྱ།

*skya*
kya
Pale

སྐྱ་ག།

*skya.ga*
kya ga
Magpie (pica pica)

སྐྱ་འགྲིབ།

*skya.'grib*
kya deep
Covering the eye ball
An eye disease characterised by whitish mass covering the eyeball usually above the pupil.

སྐྱ་རྦབ།

*skya.rbab*
kya bab
Dropsy of the initial stage, Skt. Pandu-roga
The term *skya.rbab* refers to the colour of skin and the swelling that exhibit, *skya* means pale and *rbab* swelling. The swelling appears particularly on the upper eye lid, the shin and the instep.

སྐྱ་ལམ།

*skya.lam*

kya lam

Milky way; a band of hazy light circling the sky. It results from a combined light of vast number of stars in the Galaxy.

སྐྱག་པ།

*skyag.pa*

kyak pa

Stool *(bshang.ba)*

སྐྱབས།

*skyabs*

kyab

Taraxacum sikkimense Hand-mazz

སྐྱབས་ཚོད།

*skyabs.tshod*

kyab tsoe

Cooked white dandelion

སྐྱམ་ཟླ།

*skyam.zla*

kyam da

An astrological word often used in yearly horoscope. It is one of the seven rough calculations.

སྐྱར་མོ།

*skyar.mo*

kyar mo

A gull or Egretta garzetta Linn (a bird which mainly survives on fish)

སྐྱར་མོ་ཉ་ལེན།

*skyar.mo.nya.len*

kyarmo nya len

A mode of treatment in which the doctor analysis the patients previous treatments and then diagnose the disease like " a gull catching a fish"

སྐྱི་བ།

*skyi.ba*

kyi wa

Botanical Name: Sophora Moorcroftiana

Taste: Bitter

Potency: Cool

Uses: It is used to treat jaundice, indigestion, poisoning, diptheria and pathogenic diseases.

སྐྱི་བའི་འབྲས་བུ།

*skyi.ba'i.bras.bu*
kee wey dey boo
Sophra Moorcroftiana (fruit)
Uses: It is used as emetic against bile.

སྐྱི་མོ།

*skyi.mo*
ki mo
Skin; it is one of the six entrances of the diseases.

སྐྱིགས་བུ།

*skyigs.bu*
kik boo
Hiccups, Skt. Hikka-roga

སྐྱུ་རུ་ར།

*skyu.ru.ra*
kyu ru ra
Skt. Name: Amlaki
Hindi Name: Amla
English Name: Emblic Myrobalan
Botanical Name: Emblica Officinalis
Family: Euphorbiaceae
Taste: Sour
Potency: Cool
Uses: It is one of the three chief fruits, which subside fever of blood and bile. It is also used against blood infections, polyurea, hair loss, combined disorders of phlegm and bile, bile associated fever and impure blood. A series of clinical tests have found that emblic myrobalan contains elements which are antiviral, raises the protein level in the body, activates the adrenaline response, and protects against tremors and convulsions.

སྐྱུ་རུ་ཉེར་ལྔ།

*skyu.ru.nyer.lnga*
kyu ru nye nga
Embilica Twenty Five
Ingredients: *skyu.ru, ba.sha.ka, pri.yang.ku, 'u.su, hong.len, brag.zhun, ut.pel, spang.rtsi, gur.gum, gi.wam, tsan.dmar, btsod, rgya.tshos, pu.shel.rtse, 'bri.mog, li.ga.dur, tig.ta, a.ru, ba.ru, gser.me, ru.rta, ma.nu, kan.ta.ka.ri, sle.tres, star.bu, ka.ra*
Nature: Slightly cool
Uses: A compound which cures hypertension, upper back-ache due to blood disorder, fever (mainly in the upper part of the body).

heart burn, vomiting and expels biliary mucus and blood, pain in the liver and stomach associated with the brown phlegm, and blood and bile disorders in the stomach.

སྐྱུ་རུ་དྲུག་པ།

*skyu.ru.drug.pa*

kyu ru duk pa

Embilica Six

Ingredients: *skyu.ru, yung.ba, gze.ma, skyer.shun, bre.ga, sbrang.rtsi.*

Nature: Cool

Uses: It is used against diabetes, frequent urination, urinal infections, low heat in the lower body, indigestion, heavy sleep in the day, bed wetting and is beneficial in the reduction of blood sugar level.

སྐྱུ་རུའི་ཤིང་།

*skyu.ru'i.shing*

kyu rue shing

Phyllanthus emblica Linn

སྐྱུགས་པ།

*skyugs.pa*

kyuk pa

Skt. vamana, Vomitting, throw up

སྐྱུགས་ལང་བ།

*skyugs.lang.ba*

kyuk lungpa

Nausea (tendency to vomit)

སྐྱུགས་རྫས།

*skyugs.rdzas*

kyuk zey

Emetic (substances that cause vomiting)

སྐྱུགས་བཤལ།

*skyugs.bshal*

kyuk shel

Cholera (a case of vomiting as well as diarrhoea)

སྐྱུང་ག

*skyung.ga*

kyung ga

Skt. Prrrhocorax, Red billed chough

སྐྱུར།

*skyur*

kyur

Sour

It is one of the six primary tastes.

སྐྱུར་ཁུ།
*skyur.khu*
kyur khoo
Vinegar (Lit. sour soup)

སྐྱུར་བ་ཆུ།
*skyur.ba.chu*
kyoor wa chu
Discarding of the dead body into water by cutting into pieces; it is one of the five means of disposing the dead

སྐྱུར་ཚལ།
*skyur.tshal*
kyoor tsel
Chive
Taste: Hot
Potency: Warm
Uses: It is used against frequent urination, involuntary discharge of sperm, insomnia, swelling of limbs, heals wounds and promotes appetite and bodily heat.

སྐྱེ་དངོས་རིག་པ།
*skye.dngos.rig.pa*
key ngoe rik pa
Biology

སྐྱེ་མཆེད།
*skye.mched*
key chey
Sources of perception, sources and their respective objects

སྐྱེ་གནས།
*skye.gnas*
key ney
Locality of plants, habitat of plants

སྐྱེ་བ་སྔ་མ།
*skye.ba.snga.ma*
keywa ngama
Previous or the former life

སྐྱེ་བ་ཕྱི་མ།
*skye.ba.phyi.ma*
key wa chima
Future or the next life

སྐྱེ་སར་སྐྱེས།
*skye.sar.skyes*
keysar key
The growing of herbs in their respective habitat (where the hot and cold natured

medicinal planets grow in hot and cold regions respectively)

སྐྱེད།

*skyed*

key

Generate, give birth to, create

སྐྱེད་མཆེད།

*skyed.mched*

key chey

Source (produce), sources of perception

སྐྱེར་བ།

*skyer.ba*

kyer pa

Skt. Name: Chitra, Darvi

Botanical Name: Indian barberry, Berberies aristata

Uses: Its flower and fruit cure diarrhoea and controls dysentry.

སྐྱེར་པ་དཀར་པོ།

*skyer.pa.dkar.po*

kyer pa kar po

Skt. Name: Daruharida

Botanical name: Berberis Lycium

Taste: Bitter

Potency: Cool to coarse

Uses: It helps to assemble the poison diffused in the body, cures conjunctivitis, growth of 'welders flesh' in the eyes, sore mouth, infection of throat and larynx, diarrhoea due to inflammation of the intestines, bleeding, white discharge and burning sensation in the urinary tract.

སྐྱེར་པ་ནག་པོ།

*skyer.pa.nag.po*

kyer pa nag po

Botanical Name: Bterberis concinna

Taste: Bitter

Potency: Cool to coarse

Uses: *See. Skyer.pa.dkar.po*

སྐྱེར་བའི་ཁན་ཏ།

*skyer.ba'i.khan.ta*

kyer wey khenta

Skt. Rasount/Concentrated decoction prepared from barberry; Desicated tincture

སྐྱེར་བའི་འབྲུ།

*skyer.ba'i.'bru*

kyer pay doo

Berberis species (seeds)

སྐྱེར་ཤུན།

*skyer.shun*
kyer shun
Hindi Name: Pilaka chilka
Skt. Name: Dharuharida
Botanical Name: Berberis Species (Bark)

སྐྱེར་ཤུན་བརྒྱད་པ།

*skyer.shun.brgyad.pa*
kyer shun gey pa
Barberry Bark Eight
Ingredients: *skyer.shun, pi.ling, skyu.ru, shing.mngar, gla.rtsi, gur.gum, kha.che.sha.skam dom.mkhris*
Nature: Highly cool
Uses: It cures involuntary discharges of semen and blood due to inflammation of urethra, burning sensation after micturition and blood-bile disorders.།

སྐྱེས་སྐར།

*skyes.skar*
key kar
Birth constellation/ birth nakshatra
Birth Nakshatra is the nakshatra the moon falls in at the time of birth.

སྐྱེས་ཁྱིམ།

*skyes.khyim*
kye khyim
Birth sign. Lit. birth house
Each planet arises at a different time in conjunction with a different *"skyes. khyim"*

སྐྱེས་རྒ་ན་འཆིའི་སྡུག་བསྔལ།

*skyes.rga.na.'chi'.sdug.sngal*
kye ga na chee dug nyal
The sufferings of birth, old age, diseases and death

སྐྱེས་རྟགས།

*skyes.rtags*
key tak
Lit. Birth mark
Tibetan Astrologer can find the *skyes.rtag* (statue of the lord) by looking at the birth *sMeba*

སྐྱེས་དུས།

*skyes.dus*
key due
Birth time, the precise time of birth accurate to a minute

སྐྱེས་པ་དོང་བཏགས།

*skyes.pa.dong.btags*
key pa dong tak
Botanical Name: Corydalis sp.
Taste: Bitter
Potency: Cool
Uses: It is used to dry up excess pus formation in the lungs and visceral organs and to heal ruptured wounds and fractured cranial bones.

སྐྱེས་པ་ལ་སྲོག་གཙོ།

*skyes.pa.la.srog.btso*
keypa la sok tso
Life force is most important for the male species

སྐྱེས་པའི་རྒྱུད་སྤེལ་རྣམ་བཞག

*skyes.pa'i.rgyud.spel.rnam.bzhag*
key pey gyu pel namshak
The male reproductive system

སྐྱེས་སྤར།

*skyes.spar*
key par
The natal *parkha*, natal trigram, the birth I-ching

སྐྱེས་རིམས།

*skyes.rims*
key rim
The general stages of practice of the Kalachakra Tantra

སྐྱོ་སྣང་།

*skya.snang*
kyo nank
Sad feeling; melancholy

སྐྱོ་ཤས།

*skya.shas*
kyo shey
Attitude of disgust
A high level of mind which is disgusted with cycle of birth, old age, sickness and death.

སྐྱོན་ཆ།

*skyon.cha*
kyon cha
Trouble, illnesses, defect

སྐྱོན་གཞན།

*skyon.gzhan*
kyon shen
Deformities/Abnormality

སྐྱོན་ཡོན།

*skyon.yon*
kyon yon
Merits and demerits or virtues and faults

སྐྱོར་གོང་ཕྲེན་བུ།

*skyor.gong.phren.bu*
kyorgong tenboo
Minor vein near the thumb (a blood letting vessel)

སྐྲ་འབྱི།

*skra.'byi*
ta ji
Hair loss; a symptom of bone tissue consumption

སྐྲ་བཟང་།

*skra.bzang*
ta zang
Skt. Name: Butakesi
Botanical Name: Corydalis sp.
Taste: Bitter
Potency: Cool
Uses: It is used against proliferation of impure blood and hot disorders associated with blood, liver and gall bladder.

སྐྲག་སྣང་།

*skrag.snang*
tak nang
Fearful, be afraid of, terrified

སྐྲག་པ་ཤིང་།

*skrag.pa.shing*
takpa shing
Botanical Name: Pyrus pashia
Taste: Sweet to sour
Potency: Warm
Uses: It promotes body vigour, lowers high blood pressure, treats liver disorders, eye diseases, menstrual problems and stops diarrhoea.

སྐྲན།

*skran*
ten
Tumour, phantom tumour

བསྐ་བ།

*bska.ba*
kawa
Astringent taste
It is recognize through its special characteristics such as sticking to the tongue and palate, and creation of coarse sensation. It is needed in

moderate amounts for the body. It is needed more for *mkhris-pa*, moderate for *bad-kan* and less amount for *rlung* type. Examples of some foods and medicinal substances having astringent tastes are white sandal wood, chebulic myrobalan, beleric myrobalan, blue Utpal flower (Nelumbo nucifera), meadow cranesbill, powdered (pine)-root, acorns, Tibetan tamarisk, unripe banana, pomegranate, turmeric, alum and walnut. It is one of the six primary tastes.

བསྐལ་ཆེན་གྲངས་མེད།

*bskal.chen.grangs.med*
kelchen dangme
Infinite aeons

བསྐལ་བ།

*bskal.ba*
kelwa
Skt. Kalpa; Aeon

བསྐུ་མཉེ།

*bsku.mnye*
kum nye
Massage
Massage is one of the three smooth accessory therapies mentioned in the classical Tibetan medical texts *rGyud-bzhi*.

བསྐོལ་གྲང་།

*bskol.grang*
kol dang
Cool pre-boiled water
It cures bile disorders without raising *Bad-kan* imbalances. However, if the water is left standing for more than one day, it may increase all the three humours.

བསྐྲད།

*bskrad*
tey
To dispel ghosts/devils by means of reciting holy scriptures and performing tantric rites and rituals

# ཁ།

ཁ།

*kha*

kah

Common word for mouth

ཁ་ཁ་བ།

*kha.kha.ba*

kha kha wa

Bitter taste in the mouth

It is one of the prominent symptoms of bile humoural disorder.

ཁ་བཅིང་།

*kha.bcing*

kha ching

Lit. shutting up patient's mouth

It is a technique of dealing with a patient who describes most of his or her symptoms without doctor's enquiry.

ཁ་ཆེ་གུར་གུམ།

*kha.che.gur.gum*

khache gur kum

English Name: Kashmir saffron

Botanical Name: Crocus Sativas Linn.

Uses: It cures liver disorders and constricts the openings of the channels.

ཁ་ཆེ་ཤ་སྐམ།

*kha.che.sha.skam*

khachey shakam

Skt. Name: Kesar, Kukuma

English Name: Saffron

Botanical Name: Crocus Sativas

Taste: Sweet to bitter to slightly hot

Potency: Cool

Uses: It restores blood, stops bleeding, and proves beneficial in treating liver ailments, *mkhris-pa* disorders and fever.

ཁ་འཇམ་གཏིང་ནག

*kha.'jam.gting.nag*

khajam ting nak

Polite and soft spoken but with hidden bad intention

ཁ་ཏ།

*kha.ta*

kah tah

Crows (corvus corax)
According to The Four Tantras, people with predominance of *rlung* humour have the characteristics of crow.

ཁ་ཏིག་ཚལ།

*kha.tig.tshal*
kha teek tshel
Skt. Name: Karavela
Hindi Name: Karela.
English Name: Bitter Gourd
Botanical Name: Monordica Charantia
Family: Cucurbitaceae
Taste: Bitter
Potency: Cool
Uses: It is used against diabetes and blood sugar in folk medicine, and is recommended against blood disorders, itching, psoriasis and fungal diseases, *mkhris-pa* disorders and is beneficial in lowering the blood and urine sugar levels.

ཁ་དིག་པ།

*kha.dig.pa*
kha dikpa
Speech impediments; stutter
A condition of a speech disorder in which sounds are repeated and speech is hesitant.

ཁ་ན་མ་ཐོ་བ།

*kha.na.ma.tho.ba*
khana ma tho wa
Non-virtues acts, all wrong doings

ཁ་ནད།

*kha.nad*
kha ney
Diseases of the mouth

ཁ་བ།

*kha.ba*
khawa
1) Bitter taste
2) Snow

ཁ་དམར།

*kha.dmar*
kha mar
Astrological predictions of good and bad future events

ཁ་དམར་གདགས།

*kha.dmar.gdags*
kha mar dahk

To make predictions concerning disease, good or bad events of a person. The word *'kha.dmar'* is often used in Tibetan Astrology and medicine to signify and affirm predictions.

ཁ་ཚ།

*kha.tsha*
kha tsa
Hot taste in mouth

ཁ་འཛིན་གསུམ།

*kha.'dzin.gsum*
kha zin soom
Lit. the three supplementary ingredients; a collective name for the following three medicines.

1) Saffron *(gur.gum)*
2) Small cardamom *(sug.smel)*
3) Long pepper *(pi.pi.ling)*

ཁ་ཟས།

*kha.zas*
kha zey
Food, diets, snacks

ཁ་ཟས་འཇུ་དཀའ།

*kha.zas.'ju.dka'*
kha zey joo ka
Difficulty in digesting food

ཁ་ཟས་འཇུ་ཚུལ།

*kha.zas.'ju.tshul*
kha zey joo tsul
Process of digestion; mode of digestion

ཁ་ཡན།

*kha.yan*
kha yen
When the elements of the life force *(srog)* and wealth *(dbang)* are the same, it is known as *'kha.yan'*.
Eg: if someone's element of life force is Wood and the element of wealth is also Wood, it is *'kha.yan'*.

ཁ་གཡོག་འབྱུང་བ།

*kha.gyog.'byung.ba*
kha yok joong wa
False charge, unjust accusation

ཁ་རལ།

*kha.ral*
kharel

*Kharal* is a case when there is a positive relationship between the life force element and wealth element of a person. Eg: When life force element is Wood and the wealth element is Earth (the friend of Wood is Earth).

ཁ་རུ་ཚ།

*kha.ru.tsha*
kha roo tsa
Hindi Name: Kala nimak
Skt. Name: Kala namak
English Name: Black salt
Latin Name: Halitum Violaceum
Taste: Salty
Potency: Hot
Uses: It is used against low digestive heat, indigestion, distension of stomach, belching and *rlung* disorders.

ཁ་རུ་ཚ་རང་གྲུབ་དམར་ནག

*kha.ru.tsha.rang.grub.dmar.nag*
kha ru tsa rang doob mar nak
Natural red and black halite

ཁ་རླངས།

*kha.rlangs*
kha lang
Vapour from the mouth

ཁ་ལས་བྱེད་པ།

*kha.las.byed.pa*
kha ley jey pa
Verbosity, unrestrained chatter; talkative

ཁ་ཤ།

*kha.sha*
kha sha
Tibetan elk (Capreolus Capreolus)

ཁ་ཤ་ཤ་བའི་བོག་རྭ།

*kha.sha.sha.b'i.bog.rva*
kha sha sha wei bog ra
Freshely changed horns of a *kha.sha* (Tibetan elk) and a *sha.ba* ( deer)

ཁ་གཤགས།

*kha.gshags*
kha shak
Joke, ordinary information
Yuthog Yonten Gompo said in the *rGyud bZhi* that, this rich medical knowledge is not to change with silly jokes or information.

ཁ་སུར།

*kha.sur*
kha soor
Hindi Name: Pindakharjura
English Name: Date-palm
Botanical Name: Phoenix dactylifera
Uses: It is very good for weak-boned and anemiac patients. Woman with acne, pimples and menstrual problems should take date. It is valuable in intestinal disturbances, constipation, weak heart, and sexual debility or weakness. The dates with honey is an effective remedy for diarrhoea and dysentery during teething. Tibetan medical text explains that it contains all the five elements and is believed to be a good balance diet.

ཁང་བྱིའུ།

*khang.byi.'u*
khang ji vu
House sparrow

ཁན་ཏྲ།

*khan.tra*
khen ta
Concentrated decoction

ཁབ་ལེན།

*khab.len*
khab lan
English Name: Lodestone, Magnet
Latin Name: Magneticum
Taste: Sweet
Potency: Neutral
Uses: It cures bone fractures, cranial nerve disorders, and removes weapons lodged inside the body (like nails, needles, bullet etc.).

ཁམ་བུ།

*kham.bu*
khamboo
English Name: Apricot
Botanical Name: Prunus persica (L) Batsoh.
Taste: Sweet to bitter
Potency: Neutral
Uses: It is beneficial in curing water retention, wounds, *mkhris-pa* disorders, and promotes growth of hair. Eating apricots relieves constipation and helps allergic and urticaria patients.

ཁམས།

*khams*

kham

1) The health condition, physical constituents of the body
2) The six elements
3) Realms, territory

ཁམས་དཀར་དམར།

*khams.dkar.dmar*

kham karmar

The male and female regenerative fluids

ཁམས་དྲུག

*khams.drug*

kham dook

The six elements

Human beings possess six elements and have superior intelligence.

The six elements (*khams drug*) are: 1) *Sa*-Earth, 2) *Chu*-Water, 3) *Me*-Fire, 4) *rLung*-Wind, 5) *Nam.mkha'*-Space, 6) *rNam.shes*-Consciousness.

ཁམས་དམར་གྱི་སྣོད།

*khams.dmar.gyi.snod*

kham mar gyi noe

Ovary (lit. vessel of the red element)

ཁལ།

*khal*

khel

1) Traditional Tibetan mode of weighing equal to forty pints
2) Load or burden (amount of load that a *yak* or a sheep carries)

ཁུ་ཁྲག་འདྲེས།

*khu.khrag.'dres*

khoo tak dey

A union of sperm and ovum

ཁུ་ཁྲག་སེམས་གསུམ།

*khu.khrag.sems.gsum*

khoo tak sem soom

The three Essences:

1) Semen *(khu.ba)* 2) Ovum *(khrag)* and 3) Consciousness *(sems)*

ཁུ་བ།

*khu.ba*

khoo wa

1) Juice/Essence
2) Soup or broth

3) Regenerative substance (sperm and uterine blood or ovum)

ཁུ་བ་ཟད་པ།

*khu.ba.zad.pa*
khoo wa zey pa
Depletion of reproductive fluids

ཁུ་བ་གསོ་བ།

*khu.ba.gso.ba*
khoo wa so wa
Treatment of seminal disorders or regeneration of virility

ཁུ་བྱུག

*khu.byug*
khoo jook
Eurasion cuckoo (Cuculus canovus)

ཁུ་བྱུག་པ།

*khu.byug.pa*
khoo jook pa
Botanical Name: Cypripedium himalaicum Rolfe
Taste: Bitter
Potency: Cool to coarse
Uses: It is useful for treating oedema, constipation and kidney and urinary bladder stone.

ཁུ་བྱུག་རྩ་ལྗང་།

*khu.byug.rtsa.ljang*
khoo jook tsa jang
Botanical Name: Eqisetum arvense
Taste: Sweet to bitter to astringent
Potency: Cool
Uses: It is useful in treating nose bleeding, excessive menstrual flow, vomitting of blood, chronic and new fever, inflammation of urinary track and tumours, fever associated with *mkhris-pa* and spleen.

ཁུ་ཚུར།

*khu.tshur*
khoo tsoor
Fist

ཁུ་ཚུར་ཅན།

*khu.tshur.can*
khoo tsoor chen
Fist forming demoness

ཁུག་རྟ།

*khug.rta*

khook ta

Swallow, hirundo sp., Cuculus melanoleucus

Uses: Its lungs have medicinal value to cure pulmonary diseases.

ཁུང་གནས་སྡེ།

*khung.gnas.sde*

khoong ney de

Animals that live under the ground in burrowed holes

ཁུར་མང་།

*khur.mang*

khoor mang

Skt. Name: Dugdhapheni, Payasvini

English Name: Dandelion

Botanical Name: Taraxacum Officinale

Taste: Bitter

Potency: Cool

Uses: It is used against chronic fever, gall bladder problems, epedimic fever, poisoning, developement of blood and *mKhris-pa* diseases, brown phlegm and subside fever arising from wounds.

ཁུར་ཚོད།

*khur.tshod*

khur tsoe

Cooked dandelion

Botanical Name: Taraxacum Tibeticum.

Uses: It controls fever and brown phlegm.

ཁུར་ཚོས།

*khur.tshos*

khoor tsoe

Cheek

ཁོག་པ།

*khog.pa*

khokpa

Belly, adbomen

ཁོང་ནད།

*khong.nad*

khong ney

Internal diseases

ཁོང་ནོང་།

*khong.nong*

khong nong

*Khong nong* is a case when there is a positive relationship between the life force element and wealth element

of a person. Eg: When life force element is Wood and the wealth element is Water (the mother of Wood is Water).

ཁོང་འབྲས།

*khong.'bras*
khong dey
Internal abscess (internal tumour)

ཁོར།

*khor*
khor
Retinue

ཁྱད་ཆོས།

*khyad.chos*
khey choe
Features, charateristic

ཁྱད་པར་རྒྱུ།

*khyad.par.rgyu*
khey par gyoo
Specific causes or particular primary causes (the three afflictions of desire, hatred and ignorance)

ཁྱད་པར་ཅན།

*khyad.par.can*
khey par chen
Special/extraordinary

ཁྱད་པར་གསོ་ཐབས།

*khyad.par.gso.thabs*
khey par sothab
Specific healing techniques

ཁྱད་གསོད།

*khyad.gsod*
khey soe
Downgrade, to look down upon, disparage

ཁྱབ་འཇུག

*khyab.'jug*
khyab jook
Vishnu; one of the heavenly retinues during Buddha's teaching on medicine

ཁྱབ་འཇུག་གི་འཇུག་པ་བཅུ།

*khyab.'jug.gi.'jug.pa.bcu*
khabjuk gi jukpa choo
Ten emanations of Lord Vishnu

1) *nya* (a fish),
2) *rus.sbal* (a tortoise)
3) *phag.rgod* (a wild pig)

4) *mi.'i.seng.ge* (human-lion)
5) *ra.ma.na* (the God Rama)
6) *mi'u.thung* (a dwarf)
7) *nag.po* (the God Krishna)
8) *par.shu.ra.ma* (the Saint Parkurama)
9) *sha.kya.thub.pa* (Buddha Shakyamuni)
10) *kar.ki* (the son of a Brahmin)

ཁྱབ་པ།

*khyab.pa*
kyabpa
Disperse; pervade

ཁྱབ་བྱེད་རླུང་།

*kyab.byed.rlung*
kyab jey loong
Persive Wind
It is specifically responsible for the diffusion of energy derived from food, drink and breathe throughout the entire body.
*Location:* Heart
*Pathways:* Circulates throughout the body
*Functions:* Circulatory in nature, enhances the muscle functions of the limbs such as lifting, walking, stretching, contraction, opening and closing of orifices such as eyes and mouth, anus and responsible for actions like yawning and blinking.
*Negative Actions:* Disturbing the balance state of this Air can result in problems in circulatory system, dryness of skin and body extremities, weak eyesight and poor memory.

ཁྱི།

*khyi*
khee
Dog, one of the twelve astrological signs

ཁྱི་དུག

*khyi.dug*
khee dook
Rabies, Skt. Alarka-visa

ཁྱི་གདོང་།

*khyi.gdong*
khee dong
Dog-faced demon (lit. dog face)

ཁྱི་ཟླ།

*khyi.zla*
khee da

Dog month–7th Tibetan lunar month according to the elemental astrology

## ཁྱི་ཤིང་།

*khyi.shing*
khee shing
Lonicera tibetica Bur et Franch
Uses: It is beneficial for pulmonary disorders and mucus.

## ཁྱིམ་གྱི་ཁ་མདོག

*khyim.gyi.kha.mdog*
kheem gi kha dohk
The colour of the zodiac signs
Aries and Virgo-white, Pisces and Libra-red, Scorpio and Aquarius-black, Taurus and Leo-yellow, Gemini and Cancer-blue, Sagittarius and Capricorn-green

## ཁྱིམ་གྲངས།

*khyim.grangs*
kheem dang
Lit. house number
A number which signifies each of the twelve zodiac signs; 0-Aries, 1-Taurus, 2-Gemini, 3-Cancer, 4-Leo, 5-Virgo, 6-Libra, 7-Scorpio, 8-Sagittarius, 9-Capricorn, 10-Aquarius, 11-Pisces

## ཁྱིམ་བཅུ་གཉིས།

*khyim.bcu.gnyis*
kheem cho nee
The twelve zodiac signs
1) *lug*-Aries, Mesha,
2) *glang*-Taurus, Vrishabha,
3) *'khrig.pa*-Gemini, Mithuna,
4) *kar.ta*-Cancer, karkata,
5) *sen.ge*-Leo, Simha,
6) *bu.mo*-Virgo, kanya,
7) *srang*-Libra, tula,
8) *sdig*-Scorpio, Vrischika,
9) *gzhu*-Sagittarius, dhanu,
10) *chu.srin*-Capricorn, Makar,
11) *bhum.pa*-Aquarius, kumbha
12) *nya*-Pisces, meena.

## ཁྱིམ་བྱ།

*khyim.bya*
kheem ja
Cock, hen, lit. domestic birds

## ཁྱིམ་ཞག

*khyim.zhag*
kheem shak
A zodiac day
A zodiac day is equal to one thirtieth of the time (it take)

the sun to move through one of the twelve houses.

ཁྱིམ་ཞག་གཟའ་ལྔ།

*khyim.zhag.gza.lnga*
kheem shak za nga
Lit. the five planets of a zodiac day

ཁྱིམ་ཟླ།

*kyim.zla*
kheem dah
A zodiac month

ཁྱིམ་ལོ།

*khyim.lo*
kheem lo
A zodiac year

ཁྱིམ་གསར་དུབ།

*khyim.gsar.dub*
kheem sar doob
Exhausted newly wed couple from excessive sexual intercourse

ཁྱིམ་སླེབས།

*khyim.slebs*
kheem leb
The arrival time of the sun in each of the 12 zodiac signs

ཁྱིའུ་མིག་མ་འབྱེད་པ།

*khyi.'u.mig.ma.'byed.pa*
kheu mik ma je pa
A puppy whose eyes have not yet opened

ཁྱུ་མཆོག

*khyu.mchog*
khyoo chok
1) Leader of a herd buffalo (Bubalus bubalus)
2) Elephant (Elephas maximus)

ཁྱུང་།

*khyung*
khyoong
Garuda (a mythological bird)

ཁྱུང་ལྔ།

*khyung.lnga*
khyoong nga
Garuda Five
Ingredients: *bi.kha.nag.po, gla.rtsi, ru.rta, shu.dag, a.ru.ra*
Nature: Neutral
Uses: Garuda Five is the most important analgesic compound and is used against diseases caused by micro-organism, disorders of serous fluid, dermatological

problems, dysfunction of the stomach, diptheria and infectious diseases of muscle tissues.

ཁྱུང་སྡེར།

*khyung.sder*
khyoong der
Uncaria scandens (smith) Hutch; Lit. claws of garuda

ཁྱེ་མ།

*khye.ma*
khey ma
Acne
A kind of skin infection in which the skin gets discoloured

ཁྱོར་བ་གང་།

*khyor.ba.gang*
khyorwa gang
A single handful

ཁྲ།

*khra*
tra
Sparrow hawk (Accipeter nisus/Falco tinnunculus)

ཁྲ་གླག།

*khra.glag*
tra lak
Hawk and eagle

ཁྲག།

*khrag*
trak
Blood, Skt. rakta
It is one of the seven bodily constituents sustaining life.

ཁྲག་སྐྲན།

*khrag.skran*
trak ten
Blood tumour
A disease characterised by the clotting of blood, especially of the menstrual flow. It may also occur after childbirth under unhygienic conditions.

ཁྲག་འཁྱག་པ།

*khrag.'khyag.pa*
trak khyag pa
Congealing of the blood

ཁྲག་ཁྲོག་པ།

*khrag.khrog.pa*
trak trok pa

Botanical Name: Lepidium Apelatum
Taste: Astringent to hot
Potency: Neutral
Uses: It is used against swelling, pain, accumulation of water due to elephantias, increase of impure blood and serous fluids, accumulation of sputum and fever associated with lungs and bone fractures.

ཁྲག་གར་པ།

*khrag.gar.pa*
trak gar pa
Blood coagulation

ཁྲག་གྲིབ།

*khrag.grib*
trak deep
Stroke

ཁྲག་ཉུང་ནད་གཞི།

*khrag.nyung.nad.gzhi*
trak nyoong ney shi
Anemia
A disease characterised by low level of the red blood cells or haemoglobin in the blood.

ཁྲག་དང་མཁྲིས་པ།

*khrag.dang.mkhris.pa*
trak dang tee pa
Blood and bile
Diseases which are like fire and heat by nature.

ཁྲག་འདྲིལ་བ།

*khrag.'dril.ba*
trak dil wa
Blood cysts (lit. rolling of blood)

ཁྲག་ནད།

*khrag.nad*
trak ney
Blood disorders

ཁྲག་འབྲས།

*khrag.'bras*
trak day
Leukaemia
A disease characterised by excess production of white bloods cells.

ཁྲག་མང་ཟགས་པ།

*khrag.mang.zags.pa*
trak mang zak ba
Excessive loss of blood

ཁྲག་རྩ།

*khrag.rtsa*
trak tsa
Blood vessel
It refers to any one of the network of tubes that carries blood. Kinds of blood vessels are arteries, arterioles, capillaries, veins, and venules.

ཁྲག་རྩ་ལུག་པ།

*khrag.rtsa.lug.pa*
trak tsa look pa
Aneurism
A condition characterised by localized abnormal dialation of a blood vessel.

ཁྲག་ཚད།

*khrag.tshad*
trak tshey
Blood fever
A disease which is a combination of hot and impureblood and, also refers to high level of heat within the body. It is characterised by fever, dark lips, dark skin, and the whites of the eyes turns reddish brown.

ཁྲག་ཚབས།

*khrag.tshabs*
trak tshab
Menorrhagia
A new or recent female disorders characterised by abnormally heavy or long menstrual periods which usually occurs during the reproductive years of most woman's lives.

ཁྲག་ཚོད།

*khrag.tshod*
trak tshoe
Cooked blood

ཁྲག་ལོང་།

*khrag.long*
trak long
Ascending colon

ཁྲག་རླུང་རི་བོ་ཆུ་འབེབས།

*khrag.rlung.ri.bo.chu.'bebs*
trak loong riwo choobeb
Subduer of blood and *rlung* disorder.
Nature: Slightly cool
Uses: It is used against hypertension, rigid and contraction of the extremities, upper back ache, carditis

associated with *rLung*, coughing up of frothy phlegm, body ache due to *rLung* and fever and pain in the kidneys and waist region.

ཁྲག་ལུད།

*khrag.lud*
trak lue
Haemoptysis
A condition characterised by blood strained sputum.

ཁྲག་ཤུགས།

*khrag.shugs*
trak shook
Blood pressure
It refers to the pressure exerted by the circulating volume of blood on the walls of the arteries, the veins, and the chambers of heart.

ཁྲག་ཤེད།

*khrag.shed*
trak shey
Hypertension
A condition inwhich a level of blood pressure, which is above normal for that particular age and sex.
It may cause damage to the vessels and arteries of the heart, brain, kidney and eyes.

ཁྲག་ཤེད་ཀྱི་རྒྱུ་རྐྱེན།

*khrag.gshed.kyi.rgyu.rkyen*
trak shey ki rgyoo ken
Causes and conditions of hypertension
The known factors of hypertension includes obesity, a high salt intake, strong coffee and black tea, excessive alcohol consumption and pork, saturated fats and environmental stress or psycho social factors.

ཁྲག་སྲིན།

*khrag.srin*
trak sin
Animalcules of blood
This agents or animalcules dwelling in the blood stream or circulatory system are present in the blood from birth and supports the body function.

ཁྲུ།

*khru*
troo
Cubit

An ancient measurement of length equal to a distance from the elbow to the tip of the outstreched middle finger.

ཁྲེ།

*khre*

trey

English Name: Millet

(categorised under grains which develop bristling awns)

Taste: Sweet

Potency: Cool to heavy

Uses: It is considered to improves health condition in general and to heal fractured and broken bones.

ཁྲོག་ཆུང་བ།

*khrog.chung.ba*

trok choong wa

Leibnitzia anandria (L) Nakai. It controls fever of the veins, heals sore and stops bleeding.

ཁྲོན་གྱི་རྐོ་བའི་སྡེ།

*khron.gyi.rko.ba'i.sde*

tron gi ko wey dey

Gallinaceous birds which dig for food with their claws

ཁྲོན་པའི་ཆུ།

*khron pai'.chu*

tron pey choo

Water from wells

ཁྲོན་བུ།

*khron.bu*

tron boo

Hindi Name: Dugdhika

English Name: Spurge

Botanical Name: Euphorbia Sieboldiana

Taste: Sweet

Potency: Neutral

Uses: It dispels bile disorders, controls fever due to poisoning, subsides swelling and used as purgative for bile disorders.

མཁན་དཀར།

*mkhan.dkar*

khen kar

Botanical Name: Artemesia sp.

Taste: Bitter

Potency: Cool to coarse

Uses: It is beneficial in treating bleeding, swelling, kidney disorder, wounds, cancer and drains pus from lungs.

མཁན་སྐྱ།

*mkhan.skya*
khen kya
Artemisia sieveriana Ehrhard ex Willd

མཁན་ནག

*mkhan.nag*
khen nak
Skt. Nagadamani/ Nagadana (Artemisia annua L )

མཁན་པ།

*mkhan.pa*
khen pa
English Name: Mugwort
Botanical Name: Aetemesia Vulgaris.
Uses: It stops bleeding and pacifies swelling of the limbs.

མཁའ་འགྲོ།

*mkha'.'gro*
kha do
Celestial females. Angels, dakini (lit. sky goer)

མཁའ་འགྲོ་འཁྲུགས་པ།

*mkha'.'gro.'khrugs.pa*
kha do took pa
The disturbance of the dakini

མཁལ་རྡོ།

*mkhal.rdo*
khel do
Kidney stone
A condition characterised by mass of substances that form in the kidney.

མཁལ་ནད།

*mkhal.nad*
khel ney
Renal disease

མཁལ་དབྱིབས།

*mkhal.dbyibs*
khel yib
Reniform (kidney shaped)

མཁལ་མ།

*mkhal.ma*
khel ma
Kidneys

མཁལ་མའི་གཉན་གཞི།

*mkhal.ma'i.gnyan.gzhi*
khel may nyan shi
Nephritis
A condition characterised by inflammation of kidney.

### མཁལ་མ་ཞོ་ཤ་དཀར་པོ།

*mkhal.ma.zho.sha.dkar.po*
khal ma zho sha kar po
Skt. Name: Beej kaunch/ asishimbi.
English Name: Cowhage
Botanical Name: Canavalia gladiata (Tacq)
Taste: Sweet
Potency: Oily to neutral
Uses: It is useful for treating all kinds of kidney disorders.

### མཁལ་མ་ཞོ་ཤ་དམར་པོ།

*mkhal.ma.zho.sha.dmar.po*
khal ma zho sha mar po
Botanical Name: Phaseolus lunatus L.
Taste: Sweet
Potency: Oily to neutral
Uses: See *(mkhal.ma.zho.sha. dkar.po)*

### མཁལ་མའི་ཆུ་རྩ་ཕྲན་བུ།

*mkhal.ma'i.chu.rtsa.phran.bu*
khel mey chu tsa ten boo
Minor water channels of the kidneys

### མཁལ་མའི་འཕར་རྩ།

*mkhal.ma'i.'phar.rtsa*
khel mey phar tsa
Arteries of the kidneys

### མཁལ་ཚད།

*mkhal.tshad*
khel tshey
Kidney heat
A kidney disease with heat infliction, and it is characterised by burning sensation at the tip of urethra.

### མཁལ་རླུང་།

*mkhal.rlung*
khel loong
Kidney *rlung*
A kidney disease with cold and *rlung* inflictions and it is characterised by severe pain in the kidney, moving pain, buzzing and ringing in the ears and temporary hearing loss.

### མཁས་གྲུབ་དགེ་ལེགས་དཔལ་བཟང་།

*mkhas.grub.dge.legs.dpal.bzang*
khedup gelek pelsang
Khedup Gelek Pelsang (1385–1438), was one of the two main disciples of Tsong Kha Pa. He authored a number of commentaries on the Kalachakra and an

authoritative book on astrology.

མཁས་གྲུབ་ནོར་བཟང་རྒྱ་མཚོ།

*mkhas.grub.nor.bzang.rgya.mtsho*
khedup norsang gyatso
Khedup Norsang Gyatso was an astrological schlar. He authored '*Dri med 'od rgyan*' in 1483.

མཁྱིད།

*mkhyid*
khyi
This is a measure of length used in Tibet. One *mkhyid* refers to the distance measured from the tip of the outstretched thumb to the base of the little finger when the hand is clenched into a fist

མཁྱེན་རབ་ནོར་བུ།

*mkhyen.rab.nor.bu*
khenrab Norbu
Rev. Khenrab Norbu was born to Astrologer Ngawo Che and Yangchen in 1883 A.D. at Tsethang, Southern Tibet. He was appointed as the director of both The Chagpori Medical College and Lhasa Tibetan Medical and Astrology Institute in 1916 by the Great Thirteen Dalai Lama. He formulated 125 different medicines along with their actions in a book titled *"bdud.rtsi. 'bum.bzang"*. He dedicated his entire life in promoting Tibetan Medicine and astrology. He died in 1962 at the age of 80.

མཁྲིག་མའི་ཆུ་རྩ།

*mkhrig.ma'i.chu.rtsa*
trik mey chu tsa
Minor water channels of wrist

མཁྲིས་རྡོ།

*mkhris.rdo*
tri doh
Gall stone

མཁྲིས་རྡོའི་འགགས་པ།

*mkhris.rdo'i.'gags.pa*
tre doey gak pa
Billiary obstruction
(reduction in the flow of bile from the gall bladder down the bile duct due to physical obstruction)

### མཁྲིས་རྡོའི་གཟེར་བ།

*mkhris.rdo'i.gzer.ba*
tre do zer pa
Billiary colic
An accute paroxysmal pain caused by the movement of gall stones down the bile duct.

### མཁྲིས་སྣོད་ཀྱི་གཉན་ཁ།

*mkhris.snod.kyi.gnyan.kha*
tre noe ki nyen kha
Cholecystitis (inflammation of the gall bladder)

### མཁྲིས་པ།

*mkhris.pa*
tre pa

1) Gall bladder
2) One of the three humours; loosely translated as 'bile', Skt. pitta

### མཁྲིས་པ་རྒྱུར་བབས།

*mkhris.pa.rgyur.babs*
tre pa gyoor bab
The descent of bile into the small intestine

### མཁྲིས་པ་སྒྲུབ་བྱེད།

*mkhris.pa.sgrub.byed*
tre ba doob jey
Accomplishing Bile, Skt. Sadhaka-pitta
*Location:* Heart
*Actions:* Governs memory, induces pride, intelligence, retains proper mental functions, and is responsible for accomplishing the mind's initial thoughts of desire, determination, alertness, ambition and also governs our conduct of good and bad actions.

### མཁྲིས་པའི་ཆུ་རྩ་ཕྲན་བུ།

*mkhris.pa'i.chu.rtsa.phran.bu*
tre pey choo tsa tren bu
Minor water channels of the gall bladder

### མཁྲིས་པ་འཇུ་བྱེད།

*mkhris.pa.'ju.byed*
tre pa joo jey
Digestive bile, Skt. pacaka-pitta
*Location:* Between Stomach and Large Intestine
*Actions:* Digesting food, regulating body temperature, separating essential nutriments

and wastes from ingested food and drinks, promotes bodily heat, and facilitates proper functioning of the remaining four types of bile and enhances strength.

## མཁྲིས་པ་མཐོང་བྱེད།

*mkhris.pa.mthong.byed*
tre pa thong jey
Sight-giving bile, Skt. Alocaka-pitta
*Location:* Pupils of the eyes
*Actions:* It animates vision, gives the eyes their luster and diffuses light and its spectrum of colours and shapes.

## མཁྲིས་པ་མདངས་འགྱུར།

*mkhris.pa.mdangs.'gyur*
tre pa dhang gyoor
Colour-transforming bile, Skt. ranjaka-pitta
*Location:* Liver
*Actions:* Responsible for colouring of the blood and other bodily constituents, controls the formation and preservation of blood, provides blood with oxygen.

## མཁྲིས་པ་མདོག་གསལ།

*mkhris.pa.mdog.gsal*
tre pa dok sel
Complexion-clearing bile, Skt. bhrajaka-pitta
*Location:* Pores of the skin
*Actions:* Responsible for skin luster, protects the skin and body from external elemental factors, and facilitates assimilation of light, air, water and oil through skin.

## མཁྲིས་ཕྱེ་བདུན་པ།

*mkhris.phye.bdun.pa*
tre che dun pa
Strophanthus seven
Ingredients: *dom.mkhris, gser.me, dug.mo.nyung, gla.sgang, bong.dkar, ba.le.ka, re.skon, ka.ra*
Nature: Slightly cool
Uses: This compound is used against gastro-intestinal pains, blood-bile disorders and dysentery.

## མཁྲིས་རྩ་ཕྲན་བུ།

*mkhris.rtsa.phran.bu*
tre tsa ten boo
Minor blood letting vessels of bile

མཁྲིས་རྩ་གཤའ་རིངས།

*mkhris.rtsa.gsha'.rings*
tre tsa sha ring
(Blood letting) vessels Lit. 'Deep-set channels of bile'

མཁྲིས་སྲིན།

*mkhris.srin*
tre sin
Animalcules of bile

འཁར་གོང་སྲིན་ཅན།

*'khar.gong.srin.can*
khargong sinchen
Quartzite

འཁར་ཐལ།

*'khar.thal*
karthel
Latin Name: Bronze ash
Taste: Astringent
Potency: Hot
Uses: It is used against skin and eye infections.

འཁར་བ།

*'khar.ba*
khar wa
English Name: Bronze
Taste: Sour
Uses: It cures skin diseases, eye disorders and eliminates poisoning from the body.

འཁར་གཞོང་།

*'khar.gzhong*
khar shong
Basin made from bell-metal

འཁོན་གྲིབ།

*'khon.grib*
khon dip
Defilement by quarrel or fight

འཁོར་སྐར།

*'khor.skar*
khor kar
Satellite
A natural satellites are heavenly bodies or moon which orbit around planets. An artificial satellite is a man made object launched into orbit around the Earth, Moon or other heavenly bodies.

འཁོར་བསྐྱོད།

*'khor.bskyod*
khor kyoe
Rotation
One complete turn of the body on its axis

འཁོར་རྣམ་པ་བཞི།

*'khor.rnam.pa.bzhi*
khor nam pa shee
The four circles of disciples (during medicine buddha's teaching on medicine)

1) Gods (*lha'i.'khor*)
2) Sages (*drang.srong.'khor*)
3) Non-buddhists (*phyi.b'i.'khor*)
4) Buddhists (*nang.p'i.'khor*)

འཁོར་བ།

*'khor.ba*
khor wa
Cyclic existence, Samsara

འཁོར་བའི་རྒྱུན།

*'khor.ba'i.rgyun*
khor bey gyoon
The continuity of cyclic existence

འཁོར་བའི་སྡུག་བསྔལ།

*'khor.ba'i.sdug.bsngal*
khor bey doog ngel
The suffering within samsara (i.e. the suffering of birth, old age, sickness, death etc.)

འཁོར་ལམ།

*'khor.lam*
khor lam
Orbits
A path followed by a body moving around a planet etc. which as gravity

འཁོར་ལོ།

*'khor.lo*
khorlo
Lit. 'wheel' (the chakra or psychic plexusas) chakras are essential centres of subtle energy. Our physical and mental health depends on the health of our chakras.

འཁོར་ལོས་བསྒྱུར་བའི་རྒྱལ་པོ།

*'khor.los.bsgyur.ba'i.rgyal.po*
khorloe gyoor bey gyalpo
The Monarch with wheels in hands
These Monarchs appear when human life span stretches from eighty thousand to infinity.

འཁྱགས་པ།

*'khyags.pa*
khyak pa
Chills or feeling cold

འཁྲིག་པ།

*'khrig.pa*

trik pa

Gemini–one of the twelve zodiac signs symbolized by a couple.

འཁྲིག་པ་སྤྱོད་པ།

*'khrig.pa.spyod.pa*

trik pa choe pa

Engaging in sexual intercourse

འཁྲུ་འཇམ།

*'khru.'jam*

too jam

Purging enema

འཁྲུ་བ།

*'khru.ba*

tu wa

Diarrhoea

འཁྲུགས།

*'khrugs*

took

Vitiation or disturbances; mutual aggravation (of the humours)

འཁྲུགས་ཚད།

*'khrugs.tshad*

took tshey

Agitated heat disorder/ Disturbed fever, Skt. Srana-jvara

འཁྲུགས་ཟླུམ།

*'khrugs.zlum*

took doom

Conflict resolution

འཁྲུམས་སྟོད།

*'khrums.stod*

toom toe

Poorva Bhadra, Pegasus – one of the twenty seven constellations or lunar mansions

འཁྲུམས་སྨད།

*'khrums.smad*

toom mey

Uttra Bhadra, Pegas

It is one of the twenty seven constellations

འཁྲུམས་ཟླ།

*'khrum.zla*

toom dah

Bhadron–8[th] month of Tibetan astronomical system

འཁྲུལ་སྣང་།

*'khrul.snang*
trool nang
Schizophrenia
False appearance, deceptive appearance, mirage

འཁྲུལ་གཞི།

*'khrul.gzhi*
trool shi
The object of deceptive cognition/The object of false perception

འཁྲུལ་ཤེས།

*'khrul.shes*
tool shey
Misunderstanding, wrong idea, misconception

འཁྲུས་བྱེད་པ།

*'khrus.byed.pa*
too jey ba
Take bath; It is one of the twelve rises and falls *(dar.gus.bcu.gnyis)* which often used in elemental astrology

འཁྲོ་ནག

*'khro.nag*
tro nak
A kind of metal (which cures diseases caused by evil spirits, animalcules and poisoning)

# ག།

## ག་གོན།

*ga.gon*

ga goen

Hindi Name: Khi-ra

English Name: Cucumber

Taste: Sweet to astringent

Potency: Cool

Uses: It is most effective in treating constipation, hyperacidity, high blood pressure, diarrhoea associated with hot conditions, gastric and duedonal ulcers. It quenches thirst and relieves from hot disorders.

## ག་ཆད་ངུས་པ།

*ga.chad.ngus.pa*

gachey ngooe pa

Crying to a point of exhaustion

## ག་དུར།

*ga.dur*

ga dhoor

Botanical Name: Geranium wallichianum

Taste: Sweet to astringent

Potency: Cool

Uses: It is used against fever associated with infectious common cold, pneumonia, fevers of the nerve tissues, swelling of limbs, and subsides pain.

## ག་དོར་གསུམ།

*ga.dor.gsum*

ga dor soom

The three horns; a collective name for the horns of the following animals:

1) Tibetan elk (*kha.sha*)
2) Deer (*sha.ba*)
3) Rhinocerous (*bse.ru*)

## ག་བུར།

*ga.bur*

ga boor

Skt. Name: Karpuram

Hindi Name: Kapur

English Name: Camphor

Botanical Name: Commiphora Camphora Linn

Family: Lauraceae

Taste: Astringent to hot to bitter

Potency: Very cool

Uses: It is used against acute and chronic fever, pneumonitis, hysteria, neuralgia, nervous ailments, heart failure and pain resulting from fever.

ག་བྲ།

*ga.bra*

ga da

Botanical Name: Rubus ellipticus

Taste: Sweet to astringent to hot

Potency: Neutral

Uses: It is used against common cold, unripe infectious fever and most contagious diseases.

གག་པ།

*gag.pa*

gak pa

Throat inflammation

A serious disease which affects the larynx, the uppermost region of the trachea and the uvula. It is characterised by thick, sticky, whitish coating on the tongue, small pimples on the tongue, lips, palate and mucous membrane of the cheeks, difficulties swallowing of foods and drinks and a loss of voice.

གག་ལྷོག

*gag.lhog*

gak lhok

Diptheria or inflammation associated with the throats (*gag*) and the vulnerable diseases of the smooth muscles (*lhog*)

གང་ག་ཆུང་།

*gang.ga.chung*

gangka choong

Botanical Name: Gentiana Urnula

Taste: Bitter

Potency: Cool

Uses: It is used against epidemic fever, wound infection, hot disorders of blood and bile, poisoning and brown phlegm.

གང་སྟོང་།

*gang.stong*

gang tong

Fluctuation, ups and downs

## གངས་ཐིགས།

*gangs.thigs*
gang thik
Botanical Name: Smithsonite calamina
Taste: Astringent
Potency: Cool
Uses: It literally means "drops of snow" and heals fractured bones and hepatitis.

## གང་བུ་ཅན།

*gang.bu.can*
gang boo chen
Beans, peas, lentils, grains which are leguminous or have seeds in pod

## གང་བུ་ཅན་གྱི་འབྲུ་རིགས་བརྒྱད།

*gang.bu.can.gyi.'bru.rigs.brgyad*
gang boo chen gi doo rik gey
Eight kinds of leguminous plants

1) Round bean
2) Flat bean
3) Soya bean
4) Chick pea or chinese bean
5) Lentil
6) Sesame seed
7) Lin seed
8) Buck wheat

## གངས་ཆུ།

*gangs.chu*
gang choo
Snow water
It is pure and is said to have medicinal value, though human digestive heat can hardly withstand it.

## གད་པ།

*gad.pa*
gey ba
Cliff

## གད་སྟེང་འགྲོ་བ།

*gad.steng.'gro.ba*
gey teng do wa
Going over a cliff

## གན་དྷ་པ་ཏྲ།

*gan.dha.pa.tra*
gan dah pata
Botanical Name: Fanacetum sibiricum (a fragrant herb with yellow flower).
Taste: Sweet to hot
Potency: Coarse to warm
Uses: Cures tumours, common cold, poisoning, gout and *bad.kan skya-.smug.*

གབ་རྩེ།

*gab.rtse*
gab tsey
Hidden points

གབ་རྩེ་འཕྲུལ་གྱི་མེ་ལོང་།

*gab.rtse.'phrul.gyi.me.long*
gab tsey tool gee melong
The mirror of the manifestations of hidden points

གབ་ཚད།

*gab.tshad*
gab tshey
Hidden fever
A disease characterised by an increase in heat or fever, but rise is not apparent, because it is concealed by the *badkan* and *rlung* influence.

གར་ཆང་།

*gar.chang*
gar chang
Strong barley beer

གར་ནག་བཅུ་པ།

*gar.nag.bchu.pa*
gar nak choo pa
Black Camphor Ten
Ingredients: *gar.nag, se.'bru, shing.tsha, sug.smel, pi.ling, a.ru, rgyam.tsha, gser.me, dug.nyung, dom.mkhris*
Nature: Very Warm
Uses: It is used against hepatitis, *bad-kan* tumour, cholelithiasis, indigestion and is particularly effective against *'mkhris-pa'* disorders associated with *rlung* and *bad-kan.*

གར་མ།

*gar.ma*
gar ma
Natya (The offering goddess of dance)
1) Strong (as of medicine, tea etc.)
2) Dancing woman
3) Dense

གི་ཝང་།

*gi.wang*
gi wang
Bezoar
*Gi wang* is believed to be corrupted Chinese word and it is derived from animal's liver and bile
Uses: It cures epidemics, poisoning, disorders of liver

and fever associated with hollow organs.

## གི་ཝང་དགུ་པ།

*gi.wang.dgu.pa*
giwang gupa
Bezoar nine
This compound is same as that of the Safflower nine (*gur gum dgu pa*).
Ingredients: *gi.wam, gur.gum, ut.pel, ba.le.ka, tig.ta, brag.zhun, ru.rta, ba.sha.ka, gser.me, ka.ra*
Nature: Very cool
Uses: It is used against traumatic liver, proliferation of blood in the liver, hepatitis, brown phlegm and blood disorders.

## གི་ཝམ།

*gi.wam*
gee wam
Elephant or ox's gall stone

## གུ་གུལ།

*gu.gul*
goo gool
Skt. Name: Guggulu
Hindi Name: Guggal
English Name:
Indian bedellium
Family Name: Burseraceae
Botanical Name:
Commiphora Mukul
Taste: Bitter
Potency: Cool
Uses: It is used as an analgesic and is recommended against skin diseases, infectious disorders and relieves inflammation of the muscular tissues.

## གུ་ཡུ།

*gu.yu*
goo yoo
Hindi Name: Supari
Botanical Name:
Areca Catechu
Taste: Bitter to hot
Potency: Neutral
Uses: It is used to treat *rlung* disorders, frequent urination, kidney disorders and worms and bacterial infections.

## གུ་ཡུ་ཉེར་བརྒྱད།

*gu.yu.nyer.brgyad*
goo yoo nyer gey
Areca Catechu Twenty Eight
Ingredients: *gu.yu.dkar.po, se.'bru, shing.tsha, pi.ling, sug.smel, sga.smug, bre.ga, sra.'bras, 'jam.'bras, a.'bras, mkhal.zho, gser.bye, sdig.srin, a.ru, gze.ma,*

*yung.ba, ba.sha.ka, gser.me, brag.zhun.khan.dra, lcam.pa, sbug.tsher.khan.dra, gla.rtsi, ut.pal.sngon.po, rgya.tshos, skyer.pa'i.ba.shun, pring.ku, btsod, zhu.mkhan*
Nature: Very Warm
Uses: It is used to cure swollen testicles, loss of reproductive fluids, loss of kidney heat, and to relieve pain in and around pelvic region.

## གུ་ཡུ་བདེ་དཔགས།

*gu.yu.bde.dpags*
goo yoo de pak
Areca Catechu Immense Pleasure Giver
Ingredients: *go.yu, bu.ram, mkhal.zho.dkar.po, brag.zhun, gla.rtsi, sram.sha, a.'bras, sra.'bras, 'byam.'bras, sug.smel, bre.ga, btso.thal, dbang.lag, lca.ba, ra.mnye, gze.ma, ba.spru, nye.shing,*
Nature: Very warm
Uses: It is used to treat impotency and promotes life-span, strength, and complexion.

## གུར་ཁྱུང་ཕྱག་རྡོར།

*gur.khyung.phyag.rdor*
goor khyoong chakdor
Safflower Garuda Vajrapani
Ingredients: *gur.gum, li.shi, ghi.wam, bse.ru, mtshal.btul, tsan.dmar, gla.rtsi, bong.dkar, 'jam.'bras, ru.rta, a.ru, ba.ru, skyu.ru, dngul.chu.dkar.btul, stag.sha, shu.dag, gu.gul, spos.dkar, thal.rdor, so.ra, seng.ldeng.khan.ta, 'dzin.pa*
Nature: Cool (medium)
Uses: It is used to cure sinusitis, rheumatism, gout, acute and chronic kidney diseases, serous fluid diseases, inflammation, blood disorders, nervous disorders, epilepsy, veneral diseases, skin problems and poisoning.

## གུར་གུམ།

*gur.gum*
goor koom
Skt. Name: Kumkuma
Hindi Name: Kesar
English Name: Saffron
Family: Iridaceae
Botanical Name: Crocus sativus, Carthamus Tinctorius
Taste: Sweet to bitter
Potency: Cool

Uses: It is useful for treating gynaecological disorders, fevers, spasmodic coughs, asthma, hepatic ailments, bleeding, proliferation of impure blood and debility.

## གུར་གུམ་བརྒྱད་པ།

*gur.gum.brgyad. pa*
goor koom gey pa
Safflower Eight
Ingredients: *gur.gum, rgya skyegs, nya.phyis.btul.ma, btsod, mkhal.ma.zho.sha, skyer.shun, zhu.mkhan, seng.ldeng*
Nature: Cool
Uses: It is used against emesis and diarrhoea resulting from "*bad.kan.smug.po*", haemorrhage, injury of arteries and bleeding.

## གུར་གུམ་བཅུ་གསུམ།

*gur.gum.bcu.gsum*
goor koom choo soom
Safflower Thirteen
Ingredients: *gur.gum, li.shi, gi.wam, bse.ru, mtshal.btul.ma, tsan.dmar, gla.rtsi, 'jam.'bras, bong.dkar, ru.rta, a.ru, ba.ru, skyu.ru, ka.ra*
Nature: Slightly Cool
Uses: It is used against liver dysfunction, difficulties in micturition, poisoning, kidney problem and sinusitis.

## གུར་ཏིག

*gur.tik*
goor tihk
Botanical Name: Leonurus sp.
Taste: Sweet to bitter
Potency: Cool
Uses: It is beneficial in treating fever entering the nerves and channels, disorders of blood and bile and inflammation associated with wounds.

## གེ་སར་གསུམ།

*ge.sar.gsum*
gey sar soom
The three heterogeneous types (lit. three corolla)

1) *phyi.pad.ma.ge.sar*-(calyx)
2) *nang.na.ga.ge.sar*-(the petals)
3) *bar.ut.pal.ge.sar*-(the pistils). The outer (calyx) cures heart fever, the inner (petals) cures liver fever and pistils cure lung fever.

སྒོ་སྙོད།

*ga.snyod*

go nyoe

Hindi Name: Karavi

English Name: Fennel

Botanical name: Carum Carvi Linn

Taste: Hot to sweet

Potency: Neutral to slightly warm

Uses: It cures poisoning, eyes infections and diseases, subside *rLung* fever; fever associated with heart, *Bad-kan* disorders, swelling and promotes appetite and digestive heat.

སྒོ་བོ།

*ga.bo*

gowo

Gypaelus barbatus hamachalanus (Hutton)

སྒོ་བྱེ།

*ga.bye*

go jey

Botanical Name: Senecarpus anarcardius L.F.

Taste: Hot

Potency: Warm

Uses: It remedies epidemic disorders of the stomach and gastro-intestinal system, wounds, excessive accumulation of lymphatic fluids, disorders of micro-organism and bone disease.

གོ་མཚོན་མེད་པའི་དཔའ་བོ།

*go.tshon.med.pa'i.dpa'.bo*

gotshon meypey pawo

A warrior devoid of arms and armour

གོ་ཡུ།

*ga.yu*

go yoo

Areca catechu linn (See *gu.yu*)

གོ་ལ།

*go.la*

gola

Epi cycle, celestial sphere

གོ་ལ་བྱང་ཕྱེད།

*go.la.byang phyed*

gola jangchey

Northern Hemisphere

གོ་ལ་ལྷོ་ཕྱེད།

*go.la.lho.phyed*

gola lhochey

Southern Hemisphere

གོང་མ་སྲེག

*gong.ma.sreg*
gong ma sek
Tibetan partridge, (Perdix daurica prxewarskii sushkin)

གོང་མོ།

*gong.mo*
gong mo
Tibetan snow cock, "Grouse" Tetraoga ilus Tibetanus Gould

གོང་རིམ།

*gong.rim*
gong reem
Superior, higher authorities

གོང་ལ་ཕུག

*gong.la.phug*
gong la phook
English Name: Carrot
Taste: Sweet
Potency: Neutral
Uses: It restores blood, clears vision, strengthens the liver, eliminates constipation and prevents cancer.

གོས་གྱོན།

*gos.gyon*
goe gyon
Wear clothe,
It is one of the twelve rises and falls (*dar.gud.bcu.gnyis*) often used in elemental astrology.

གོས་རྒྱན།

*gos.rgyan*
goe gyen
Dresses and ornaments

གོས་གྲིབ།

*gos.grib*
goe deeb
Defilement from clothes (dirty clothes)

གོས་ཆེན།

*gos.chen*
goe chen
Brocade

གོས་སྲབ།

*gos.srab*
goe sab
Thin clothes

གྱུར་དུག

*gyur.dug*
gyoor doog

Food poison

གྱེན་རྒྱུ་རླུང་།

*gyen.rgyu.rlung*
gen gyoo loong
Ascending wind, Skt. udana-vayu
*Location:* Chest
*Actions:* All vocal activities, and enhances breathing capacity.
It is also responsible for speech, fair complexion, physical strength and clarity of memory.

གྲ་མ་ཅན།

*gra.ma.can*
dra ma chen
Grains with bristling awns (like rice, millet, wheat, barley etc.)

གྲ་མ་ཅན་གྱི་འབྲུ་རིགས་བདུན།

*gra.ma.can.gyi. 'bru.rigs.bdun*
drama chen gyi doo rig dhoon
The seven kinds of cereals with bristling awns, such as
1) *'bras*-rice
2) *khre*-millet
3) *khra.ma*-sixty day barley (which ripens in sixty days)
4) *gro*-wheat
5) *nas*-barley
6) *sro.ba*-shelled barley; and
7) *sre.da*-wild barley

གྲང་མཁྲིས་ནད།

*grang.mkhris.nad*
drang tre ney
Jaundice
A disease characterised by indigestion, constipation, yellowing of the eye, skin and body.

གྲང་ཆུ།

*grang.chu*
drang choo
Urine which indicates cold disorders (lit. cold water)

གྲང་བ་གཏིང་འཁར་བ།

*grang.ba.gting. 'kar.ba*
drang wa ting kharwa
A cold disorder which is beyond recovery

གྲང་བའི་སྤྱི་རྩ་དྲུག

*grang.ba'i.spyi.rtsa.drug*
drang wey chi tsa dook
The six general pulse characteristics of cold diseases

1) Weak *(zhan)*
2) Sunken *(bying)*
3) Declining *(gud)*
4) Slow *(bul)*
5) Loose *(lhod)*
6) Empty *(stong)*

གྲང་བའི་སྲུལ་མོ།

*grang.ba'i.srul.mo*
drang wey sool mo
Cold demoness of decomposition

གྲང་དམྱལ་བརྒྱད།

*grang.dmyal.brgyad*
drang nyel gye
The eight layers of cold hell
1) *Chu.bur.can* – Blistering
2) *Chu.bur.rdol.ba.can* – Blisters bursting
3) *So.tham.tham.pa* – Teeth chattering
4) *A.chu.zer.ba* – Wailing with cold
5) *Kyi.hue.zer.ba* – Wailing with cold
6) *Ut.pal.ltar.gas.pa* – Splitting like a Blue Lotus
7) *Pad.ma.ltar.gas.pa* – Splitting like a Lotus
8) *Padma.ltar.cher.gas.pa* – Splitting widely like Great Lotus

གྲང་གཞི་འཛགས་པ།

*grang.gzhi.'dzags.pa*
drang shi zak pa
Leucorrhoea
A condition characterised by white or yellowish discharge from the vagina.

གྲང་ཤུམ།

*grang.shum*
drang shoom
Shivering or cold chills (symptomatic of diseases caused by wind)

གྲང་ལྷག་མི་བཟོད།

*grang.lhag.mi.bzod*
drang lha mi zoe
Difficulty in withstanding cold weather
It is one of the prominent symptoms of the wind disorders.

གྲངས་ཀྱི་མངོན་བརྗོད།

*grangs.kyi.mngon.brjod*
drang ki ngon joe
A synonym of *grangs* (numbers)

གྲངས་མེད།

*grangs.med*
drang mey
Infinite/beyond count/ countless

གྲུ་མོའི་ཆུ་བ།

*gru.mo'i.chu.ba*
dru moe choo wa
Tendons of the biceps or elbow

གྲིབ་སྐྱོན།

*grib.skyon*
drib kyon
Paralysis
A condition characterised by loss of the ability to move part or most of the body and lack of muscle functions and sensation.

གྲིབ་ནད།

*grib.nad*
drib ney
Stroke/apoplexy

གྲིབ་ཕོག་པ།

*grib.phog.pa*
drib fok pa
Polluted
A condition characterised by person negatively affected by impurities like meat, sexual intercourse, dirt etc.)

གྲིབ་མ།

*grib.ma*
drib ma
Shadow or shade

གྲིབ་བསངས།

*grib.bsangs*
drib sang
Purification of defilement

གྲིབ་སེལ།

*grib.sel*
drib sel
Removal of defilement

གྲུ་གུ་རད་ན།

*gru.gu.rad.na*
dru goo rey na
Botanical Name: Cassiope fastigiata ( Wallch) D.Don.
Taste: Bitter
Potency: Cool
Uses: It is beneficial in treating high fever associated with epidemic.

གྲུ་མོའི་ཆུ་རྩ།

*gru.mo'i.chu.rtsa*
dru moe choo tsa
Minor water channels of the elbow

གྲུ་བཞི།

*gru.bzhi*
droo shi
English Name: Limonite
Taste: Sweet
Uses: It rejuvenates and cures brain disorders and drains excessive lymphatic fluid secretions.

གྲུབ་པ།

*grub.ba*
droob ba
1) Sidha (i.e. demons emanating as a accomplished masters)
2) Success/ accomplishment

གྲུབ་རིལ།

*grub.ril*
droob reel
Saint's White pill
Ingredients: *cong.zhi.tsha.btul, gser.mdog, hong.len, re.skon, khams.rus, brag.zhun, sbrang.rtsi*
Uses: It was formulated by the 14th century Tibetan saint Thang–Tong Gyalpo and is effective against all kinds of diseases and particularly recommended against deranged *rlung, mkhris.pa*, and *bad.kan* disorders, *bad-kan*-blood combined disorders and to reduce body weight.

གྲུམ།

*grum*
droom
Fractured

གྲུམ་པ།

*grum.pa*
droom pa
1) Tibetan badger (Meles meles)
2) Fractured / to fall apart

གྲུམ་བུ།

*grum.bu*
droom boo
Rheumatoid Arthritis, Skt. Sandhi-vata
A chronic diseases of the joints that usually causes inflammation, stiffness, swelling, weakness, severe

pain, loss of mobility and deformity of the joints

### གྲུམ་བུའི་རྒྱུ་རྐྱེན།

*grum.bu'i.rgyu.rkyen*
droom boo gyoo ken
Primary and secondary causes of rheumatism
It is aggravated by intake of food which are hard to digest, oily, high calorie diet and prolonged stay at damp places, and exposure to cold.

### གྲུམ་ཚད།

*grum.tshad*
droom tshey
Rheumatic fever
It is mainly aggravated by excessive intake of oily and nutritious food.

### གྲུལ་བུམ།

*grul.bum*
drool boom
Skt. Kumbanda
A type of *pritas* characterised by human body with animal head and is said to dwell in the ocean.

### གྲེ།

*gre*
drey
Poorva phalguni
It is one of the twenty seven constellations.

### གྲེ་ཕོ།

*gre.pho*
drey fo
Male '*gre*' spirits /demon

### གྲེ་བ།

*gre.ba*
dre wa
Pharynx

### གྲེ་བའི་གཉན་གཞི།

*gre.ba'i.gnyan.gzhi*
dre way nyan shi
Pharyngitis
A condition characterised by inflammation of pharynx

### གྲེ་བའི་རླུང་འགྲོའི་གཉན་གཞི།

*gre.ba'i.rlung.'gro'i.gnyan.gzhi*
dre way loong doey nyan shi
Tracheitis
A condition characterised by inflammation of windpipe

## གྲེ་མོ།

*gre.mo*
dremo
Female *'gre'* spirits demoness

## གྲེས་མའི་གེ་སར།

*gres.ma'i.ge.sar*
dre mey gey saar
Seed of Iris sp.

## གྲོ

*gro*
droh
Wheat (Triticum aestirum)
It has cool and heavy nature and hence is beneficial for throat problems, wind and bile disorders; paste prepared from wheat flour reduces swelling when applied externally. It is also aphrodisiac.

## གྲོ་མ།

*gro.ma*
dro ma
Botanical Name: Tormentilla
Taste: Sweet
Potency: Cool
Uses: It is effective in treating diarrhoea associated with hot conditions.

## གྲོ་བཞིན།

*gro.bzhin*
dro shin
Sarvana, Altair; one of the twenty-seven constellations (*rgyu.skar.nyer.bdun*).

## གྲོ་བཞིན་ཟླ་བ།

*gro.bzhin.zla.ba*
dro shin dawa
Savan, 7th month of the Tibetan Lunar calendar

## གྲོག་ཚངས།

*grog.tshangs*
drok tshang
Ants' nest (fromica)

## གྲོག་ཞིང་།

*grog.zhing*
drok shing
Moss, bryophyte fungus, musci

## གྲོགས།

*grogs*
drok

1) Friend
2) Associated ailments

གྲོགས་ཀྱི་རྒྱུ།

*grogs.kyi.rgyu*
drok kee gyoo
Accompanying cause

གྲོད་པ།

*grod.pa*
droe pa
Abdomen

གྲོད་འབོས་འཇོམས་སྨན།

*grod.'bos.'joms.sman*
droe boe jom men
Carminative, relieving flatulene: acting to relieve flatulence or the symptoms of colic by expelling gas from the alimentary canal

གླ་གོར་ཞོ་ཤ།

*gla.gor.zho.sha*
lagor shosha
Hindi Name: Bee emli
Botanical Name: Entada phaseoloides
Taste: Sweet
Potency: Cool
Uses: It is used against spleen ailment, impotency and painful swelling.

གླ་སྒང་མཆོག

*gla.sgang.mchog*
la gang chok
Skt. Name: Anjabar
Botanical Name: Polygonum sp. 'the superior one'
Taste: Hot to astringent
Potency: Cool
Uses: It is useful for treating vocal obstruction, pulmonary disorder, intestinal ailment, *Bad-kan* disorders and dysentary associated with hot conditions.

གླ་སྒང་དམན་པ།

*gla.sgang.dman.pa*
la gang men pa
Botanical Name: Bistorta affinis ( D.Don); 'the inferior one'
Taste: Hot to astringent
Potency: Cool
Uses: See *Gla.sgang.mchog*

གླ་བ།

*gla.ba*
la wa

Musk deer (Maschus Moschiferus)

## གླ་བ་སྲད་མ།

*gla.ba.srad.ma*
la wa sey ma
Botanical Name: Thermopsis barbata
Taste: Bitter to sweet
Potency: Neutral
Uses: It eliminates diseases caused by pathogens, helps to relieve pain and swelling.

## གླ་རྩི།

*gla.rtsi*
la tsi
Skt. Name: Kasturi musk
English Name: Musk
Scientific Name: Moschus moschiferus
Taste: Bitter
Uses: It cures poisoning; ailments of liver infections; kidney fever and infectious diseases. It is a powerful germicide acting on fever of solid organs and is a natural antiseptic suitable for topical use.

## གླག།

*glag*
lak
Lammergeyer

## གླང་།

*glang*
lang
1) Ox, it is one of the twelve animal signs
2) Taurus, it is one of the twelve zodiac signs and is symbolised by a bull.

## གླང་ཆེན།

*glang.chen*
lang chen
Elephant (elaphus maximus)

## གླང་ཐབས།

*glang.thabs*
lang thab
Cramps
The painful cramps arising in the course of these diseases, resembles to the bull's fighting.

## གླང་པོ་ལྟ་བུའི་སྟོབས།

*glang.po.lta.bu'i.stobs*
lang po ta bue tob
Strength comparable to an elephant

གླང་མ་ནག་པོ།

*glang.ma.nag.po*
lang ma nak po
Salix sclerophylla Anderss

གླང་རྩིས།

*glang.rtsis*
lang tsee
Ox calculation; a type of calculation in Elemental Astronomy

གླང་ཟླ།

*glang.zla*
lang da
Ox month; 10th month according to the Elemental Astrology system

གླང་ཤུ།

*glang.shu*
lang shoo
Psoriasis, Eczema or ichthyosis; a skin disorder which resembles that of the neck of an ox driven on the field

གླིང་དྲུག

*gling.drug*
ling dook
The six continents
According to Kalachakra tantra these are:
1) *zla.ba'i.gling*-Moon continent
2) *'od.dkar.gling*-White light continent
3) *ku.sha'i.gling*-Kusha grass continent
4) *mi'm.ci'i.gling*-Probable human continent
5) *khrung.khrung.gi.gling*-Crane continent
6) *drag.po'i.gling*-Agitated continent

གླིང་བཞི།

*gling.bzhi*
ling shee
The four continents
1) East Majestic Body
2) South Land of Zambu (the world where we live in)
3) West Bountiful Cow
4) North Unpleasant sound

གླུ་དང་དགོད་ལ་དགའ།

*glu.dang.dgod.la.dga'*
loo dhang goe la ga
Loves to sing and laugh; It is one of the characteristics of *rlung* (wind) personality.

### གླུད།

*glud*
lue
Effigy of a person
A small clay or dough effigy of a person which is thrown away in rites to dispel harm from evil spirits or sent away as ransom to appease harmful spirits which causes sickness or obstacles.

### གླེང་གཞི།

*gleng.gzhi*
leng zhi
The basis of teaching or discussion

### གླེང་སློང་།

*gleng.slong*
leng long
Enumeration on the subject under discussion

### གློ་རྒྱབ་པ།

*glo.rgyab.pa*
lo gyab pa
Cough
A condition characterised by forceful action of chest and throat; clears airways of mucus

### གློ་མཆིན་འདོམས་རྩ།

*glo.mchin.'doms.rtsa*
lo chin dhom tsa
Blood letting vessels at the confluence of the lungs and liver

### གློ་སྙིང་འདོམས་རྩ།

*glo.snying.'doms.rtsa*
lo nying dom tsa
Blood letting vessels of the superficial radial veins at the confluence of the lungs and heart

### གློ་རྡོལ།

*glo.rdol*
lo dol
Pulmonary ulceration (including tuberculosis)

### གློ་ནད།

*glo.nad*
lo ney
Pulmonary diseases
Pulmonary diseases are classified into eight different types. Seven disorders are related to the three humours, one to the blood and the eighth is associated with hot disorder.

གློ་ནད་སྐྱ་རྦབ།

*glo.nad.skya.rbab*
lo ney kya bab
Lungs oedema
A lung disease which is influenced by *rlung* and is characterised by frequent coughing, swelling of the eyelid, pale gums and loss of appetite.

གློ་ནད་ཐང་པོ།

*glo.nad.thang.po*
lo ney thang po
This diseases is influenced by *rlung* and is characterised by either frequent dry cough or wet cough with plenty of foamy sputum and manifest before sunrise and in the evening.

གློ་བ།

*glo.ba*
lo wa
Lungs

གློ་བར་རླུང་གསོག་པའི་ནད་རྙིང་།

*glo.bar.rlung.gsog.p'i.nad.rnying*
lo war loong sog pey nad nying
Emphysema
A condition characterised by chronic lung disease causing abnormal accumulation of air in tissues

གློ་བུར་རྐྱེན་རྨ།

*glo.bur.rkyen.rma*
lo boor ken ma
Accidental wounds, (generally refers to wounds from weapons)

གློ་བའི་རྒྱབ།

*glo.ba'i.rgyab*
lo wey gyab
Posterior of the lungs
Lit. 'back of the lungs'

གློ་བ་མདུན།

*glo.ba.mdun*
lo wa doon
Anterior of the lungs
Lit. 'front of the lungs'

གློ་བ་བུ་ལྔ།

*glo.ba.bu.lnga*
lo ba boo nga
Anterior lungs (five lobes of the anterior part of the lungs)

### གློ་བ་མ་ལྔ།

*glo.ba.ma.lnga*
lo wa ma nga
Posterior lungs (five lobes of the posterior part of the lungs)

### གློ་བའི་ཁྲག་རྒྱུན་འགགས་པའི་ནད།

*glo.ba.'i.khrag.rgyun.'gags.p'i.nad*
lo way trak gyoon gak pay ney
Pulmonary embolism
A condition characterised by blockage of blood supply in lung.

### གློ་མ།

*glo.ma*
lo ma
Posterior of the lungs

### གློ་ཚད།

*glo.tshad*
lo tshey
Fever of the lungs
It is one of the eight specific disorders of the lungs characterised by pain in the back and front, excessive coughing and blood-strained sputum.

### གློ་ཚད་ཀུན་སེལ།

*glo.tshad.kun.sel*
lo tshey koonsel
Eliminator of inflamed Lungs
Ingredients: *cu.gang, gur.gum, li.shi, tsan.dkar, tsan.dmar, li.ga.dur, gla.rtsi, gu.gul, 'dzin.pa, a.ru, ru.rta, mtshal, shing.dmar, sra.lo*
Nature: Highly Cool
Uses: It is excellent against inflammation of the lungs and pneumonitis.

### དགག་བཞག་སྤོང་གསུམ།

*dgag.bzhag.spong.gsum*
gak shak pong soom
Three Essential Factors–Refutation, Establishment and Response to an assertion; A systematic debate in the study of Buddhist Logic must fulfill these three factors.

### དགའ་བ།

*dga'.ba*
ga wa
Joy; rejoicing when the doctor sees other sentient beings free from suffering
It is one of the four boundless practices of a

Tibetan doctor.

དགུ་ཚིགས།

*dgu.tshigs*
goo tshik
Milky Way

དགུང་མཁའ།

*dgung.mkha'*
goong kha
Midnight sky

དགུང་ཐིག

*dgung.thig*
goong thik
The meridian line

དགུན་ཁ།

*dgun.kha*
goon ka
Winter Season (*gdun.dus*)

དགུན་ཉི་ལྡོག

*dgun.nyi.ldog*
goon nyi dhok
Winter solstice
It appears in the 11th month; It is the shortest day and longest night of the year.

དགུན་སྟོད།

*dgun.stod*
goon toe
Early winter; 10th and 11th Tibetan lunar months

དགུན་དུས།

*dgun.dus*
goon due
Winter time

དགུན་སྨད།

*dgun.smad*
goon mey
Later winter; 12th and 1st Tibetan lunar months when the weather becomes colder

དགུའི་མིང་།

*dgu'i.ming*
gue ming
Lit. name of the nine; refers to number nine

དགེ་བ།

*dge.ba*
gewa
Virtuous act, merit

དགེ་སྦྱོང་།

*dge.sbyong*
ge jong
Lit. Practioners of virtue; a general name for all ordained monks and nuns

དགོ་བ།

*dgo.ba*
gowa
Tibetan gazelle, Procapra Picticaudata Hodgsons

དགྲ

*dgra*
dra
Enemy, foe; It is one of the elemental relationships (*ma.bu.da.dok*)

དགྲ་བཅོམ་པ།

*dgra.bcom.pa*
dra chompa
The destroyer of four enemies
1) Sons of minor dieties
2) Ignorance/delusion
3) Physical forms; and
4) Lord of death

དགྲ་ལོ།

*dgra.lo*
dra lo
Foe year/year of the enemy

དགྲ་ལྷ།

*dgra.lha*
dra lah
Warrior diety
A diety who vanquishes the enemy.

དགྲ་ལྷ་གནོད།

*dgra.lha.gnod*
dra lah noe
Harm from demon of hostilities

བགེགས་རིགས་སྟོང་ཕྲག་བརྒྱ་བཅུ།

*bgegs.rigs.stong.phrag.brgya.bcu*
gek rik tong trak gya choo
A class of one thousand and eighty harming demons (this class comprises equal number of male, female and neuter demons)

བགྲོས་གཉིས།

*bgros.gnyis*
droe nyee.

The two declination of the sun: the south declination (*lho.bgros*) and north declination (*byang.bgros*)

མགོ

*mgo*

go

Head (the location of satisfying phlegm)

མགོ་འཁོར།

*mgo.'khor*

go khor

Vertigo

A condition characterised by sensation that the patient or his/her surroundings are revolving.

མགོ་ཁྲོལ་ཁུ་བ།

*mgo.khrol.khu.ba*

go trol khoowa

Broth or soup prepared from aged sheep head

མགོ་ཆགས།

*mgo.chags*

gochak

Cranial fractures; Lit. broken head

མགོ་ནད།

*mgo.nad*

goney

Diseases of the head

མགོ་གཟེར།

*mgo.zer*

go zer

Headache

A condition characterised by pain within head or across forehead

མགོ་ཟླ་བ།

*mgo.zla.ba*

go dawa

Maghsar; the eleventh month of a lunar calendar

མགུལ་འགགས།

*mgul.'gags*

gool gak

Obstruction of throat

མགོན་པོ།

*mgon.po*

gonpo

1. *mgon.po.spyen.ras.gzigs*-the Buddha of compassion)
2. Name of one of the Buddhist dieties

མགྱོགས་རྩིས།

*mgyogs.rtsis*
gyok tsee
Rapid calculation

མགྱོགས་ཚད།

*mgyogs.tshad*
gyok tsey
Velocity

མགྲིན་པའི་འཁོར་ལོ།

*mgrin.pa'i.'khor.lo*
drin pey khorlo
Throat wheel; chakra of the throat

མགྲིན་པ་ལོངས་སྤྱོད་འཁོར་ལོ།

*mgrin.pa.longs.spyod.'khor.lo*
drin pa long choe khorlo
The Wheel of Enjoyment
The enjoyment wheel at the throat
It is where one recognizes and senses the six kind of tastes. It is located at the throat, right at the Adam's apple. It is especially connected with the element, 'ether', and thus also is related with sound and hearing. The central channel is constricted by two side channels (*ro.ma* and *rkyang.ma*) making a knot. It has sixteen branch channels.

འགལ་རྐྱེན།

*'gal.rkyen*
gel kyen
Inamicable condition; hostile condition

འགོག་བདེན།

*'gog.bden*
gok den
Truth of cessation (one of the Four Noble Truths)

འགོག་པ།

*'gog.pa*
gokpa
Skt. Nirodha, Cessation

འགྱུར་བ་མ་ནིང་།

*'gyur.ba.ma.ning*
gyoorwa maning
Changeable hermaphrodite (i.e. one who is male in the first half of the month and female in the second)

འགྲམ་པ།

*'gram.pa.*
drampa

Cheek

## འགྲམ་སོ།

*'gram.so*

dram so

Molars ( 20 out of 32 human teeths are molars)

## འགྲམས་ཚད།

*'grams.tshad*

dram tsey

Spreading heat disorder, spreading fever, dispersed fever, Skt. Ksata-ksaya

## འགྲོ་བ།

*'gro.ba*

dro wa

1. To go or to move
2. Refers to all sentient beings in all the six realms who go through the cyclic existence

## འགྲོ་བ་སྐྱོང་གི་བུ།

*'gro.ba.skyong.gi.bu*

dro wa kyong gi boo

Lit. son of the protector of beings (A saint who was present during Buddha's teaching on Medicine)

## འགྲོ་བ་རིགས་དྲུག

*'gro.ba.rigs.drug*

drowa rik dook

The living beings in the six realms:

1. Human realm *(mi)*
2. Realm of God *(lha)*
3. Realm of demi-god *(lha.ma.yin)*
4. Realm of hungry ghost *(yi.dags)*
5. Realm of hell *(dmyal.ba)*
6. Realm of animals *(dud.'gro)*

## འགྲོ་ལ་སྡང་།

*'gro.la.sdang*

drola dhang

Harmful towards living beings (a patient who bears animosity towards living beings); such patients are not to be treated by the Tibetan doctors according to The Four Tantras.

## འགྲོན་བུ།

*'gron.bu*

dron boo

Hindi Name: Kutti pillae

English Name: Cowrie shell

Uses: It dries pus, oedema and excessive lymph

accumulations, disperse tumours and is beneficial in eye diseases.

### འགྲོས་མཉམ།

*'gros.mnyam*
droe nyam
Equilibrium movement; When there is no increase and decrease in the movment; E.g. Rahu and Ketu

### རྒ་གློའི་སྨན་དམར།

*rga.glo'i.sman.dmar*
galoe menmar
Onosma Four
Ingredients: *'bri.mog, cong.zhi.tsha.btul, ba.sha.ka, shing.mngar, ma.nu, ru.rta, skyu.ru*
Nature: Cool
Uses: It is used to cure *bad-kan* blood combined disorders, diffusion of blood-*badkan* disorders into the lungs and post-influenza congestion.

### རྒན་པོ།

*rgan.po*
genpò
1) Old man
2) Skt. Vidha (i.e. demons of respected old age)

### རྒས།

*rgas*
gey
Old age (according to *rGyud.bzhi* the old age refers to those who are above 70 years of age)

### རྒས་པ་གསོ་བ།

*rgas.pa.gso.ba*
geypa sowa
Rejuvenation therapy (for old age) or treatment of geriatric ailments

### རྒུ་དྲུས།

*rgu.drus*
goo drue
Botanical Name: Senecio scandens
Taste: Bitter to hot
Potency: Cool
Uses: It cures abdominable spasm, wounds, eczema, hot disorders associated with hollow organs, dysentery, colic pain caused by inflammation in the intestinal tract and joins ruptured cappilaries.

### རྒུན་འབྲུམ།

*rgun.'brum*
goon droom
Hindi Name: Kish mish
English Name: Grapes
Botanical Name: Vitis Vinifera Linn
Taste: Sweet to slightly sour
Potency: Cool
Uses: It cures pneumonitis, influenza, haemoptysis, asthma, hoarseness of voice, pulmonary diseases and purges *mkhris-pa* disorders.

### རྒུན་འབྲུམ་དཀར་པོ།

*rgun.'brum.dkar.po*
goon droom karpo
Skt. Name: Safeth kishmish
Botanical Name: Vitis Vinifera L.

### རྒུན་འབྲུམ་བདུན་པ།

*rgun.'brum.bdun.pa*
goon droom dhunpa
Grape Seven
Ingredients: *a.ru, pu.shel.rtse, li.ga.dur, kyi.lce.dkar.po, sle.tres, a.bi.kha, rgun.'brum*
Nature: Neutral
Uses: It is used against lung ailments, asthmatic problems and coughing.

### རྒུན་འབྲུམ་ནག་པོ།

*rgun.'brum.nag.po*
goon droom nakpo
Skt. Name: Kali kishmish
Botanical Bame: Vitis Vinifera L.

### རྒྱ།

*rgya*
gya
Saiga Antelope; Saiga-Tatarica

### རྒྱ་ཁུར།

*rgya.khur*
gya khoor
English Name: Snow thistle
Botanical Name: Sonchus Arvensis/picris hieracioides
Uses: It cures brown phlegm, chronic fever and poisoning.

### རྒྱ་ཏིག

*rgya.tig*
gyatik
Skt. Name: Kalamegha
Hindi Name: Kalmegh
English Name: Indian Gentian
Family: Acanthaceae
Botanical Name:
Andrographis paniculata
Taste: Bitter

Potency: Cool
Uses: It is a known remedy against malarial fevers, gout, worms, stomachal ailmremts, subside all kinds of bile fever and stimulate sluggish liver.

### རྒྱ་ནག་གླང་རྩིས།

*rgya.nag.glang.rtsis*
gyanak lang tsee
The Chinese Ox Calculation

### རྒྱ་སྣག་མཆོག

*rgya.snag.mchog*
gyanak chok
Superior Chinese ink

### རྒྱ་སྤོས།

*rgya.spos*
gya poe
Hindi Name: Sparkka
Botanical Name: Melilotus officinalis
Taste: Bitter to hot
Potency: Cool
Uses: It subside chronic fever, fever associated with poisoning, splenic cramps, diptheria, infectious diseases, sudden swelling and heals wounds and dries serous fluids.

### རྒྱ་བོད་སྐོར་འགོ་སུམ་ཅུ།

*rgya.bod.skor.'go.sum.cu*
gyaboe korgo soom choo
Thirty different head calculations of Tibet and China

### རྒྱ་མེན་མེ་ཏོག

*rgya.men.me.tog*
gyamen metok
Skt. Name: Ahiphina.
Botanical Name: Papaver Somniferum Linn
Taste: Sweet to astringent
Potency: Cool to heavy
Uses: It is useful for treating upper back ache, disorder due to disturbed blood and pain.

### རྒྱ་རྩིས།

*rgya.rtsis*
gya tsee
Chinese Astrology

### རྒྱ་ཚ།

*rgya.tsha*
gya tsah
Skt. Name: Naushdar
Latin Name: Ammonium muriaticum/ Sal ammoniac
Taste: Salty

Potency: Hot
Uses: It is used for treating tumours, stagnation of mensetrual blood, odema, abdominal cramps, blood vessel and nerve diseases, diptheria, leucoma, poisoning and diseases associated with micro-organisms.

## རྒྱ་ཚོས།

*rgya.tshos*
gya tsoe
Hindi Name: Nagpeal
English Name: Red Lac
Botanical Name: Laccifer Lacca kerr
Taste: Bitter
Potency: Cool
Uses: It is used against blood disorders, fever associated with blood and *rLung* disorders.

## རྒྱ་མཚོ་རྣམ་གསུམ།

*rgya.mtsho.rnam.gsum*
gyatso namsoom
Lit. three different oceans; refers to the three great scholars of Tibetan Astrology:

1) Tsangchung Choedak Gyatso
2) Phugpa Lhundup Gyatso
3) Khedup Norsang Gyatso

## རྒྱ་མཚོའི་ལྦུ་བ།

*rgya.mtsho'i.lbu.ba*
gyatsoe boo wa
Skt. Name: Samundhar Jug.
English Name: Cuttle bone, cuttle fish, sea form
Botanical Name: Sepia esculenta

## རྒྱ་བཟའ་ཀོང་འཇོ།

*rgya.bza'.kong.'jo*
gya za kongjo
The Chinese wife of the Tibetan King Songtsen Gampo; who brought many astrological texts from China to Tibet

## རྒྱ་ཤུག

*rgya.shug*
gya shook
English Name: Indian juniper, Juniperus Indica
Botanical Name: Sabina Przewalskii kom

## རྒྱ་ཤོ།

*rgya.sho*

gya sho
Botanical Name: Amaranthus caudatus L.
Taste: Sweet to hot
Potency: Neutral
Uses: It is used for treating *rlung* fever, wounds, brings out perspiration and joins fractured bone.

## རྒྱ་སྲན།

*rgya.sran*
gyasen
English Name: Chick pea, Chinese broad bean
Botanical Name: Dolichar Biflorus
Taste: Sweet
Potency: Neutral
Uses: It is beneficial for *Bad-kan* and *rlung* disorders, excess sputum, asthamatic condition, piles and stones caused by semen and enhances the growth of teeth. But it may increase blood and bile disorders if taken in excess.

## རྒྱ་སྲུབས།

*rgya.srubs*
gyasoob
1) Saggital suture
2) Squamosal suture

## རྒྱང་གྲགས།

*rgyang.grags*
gyang drak
1) The reach of hearing
2) An ancient Indian measure of distance

## རྒྱང་ཤེལ།

*rgyang.shel*
gyang shey
Telescope/binocular

## རྒྱབ་རྩ་ཕྲན་བུ།

*rgyab.rtsa.phran.bu*
gyabtsa tren boo
Minor dorsal (blood letting) vessels of the hands

## རྒྱམ་ཚ།

*rgyam.tsha*
gyam tsah
Hindi Name: Nimak Lahori
English Name: Rock salt
Latin Name: Sallucidum
Taste: Salty
Potency: Hot
Uses: It is used against indigestion and disorders of *rlung*.

རྒྱལ།

*rgyal*

gyel

Pushyami, Castor; one of the 27 constellations

རྒྱལ་ཆེན་རིགས་བཞི།

*rgyal.chen.rigs.bzhi*

gyel chen rik she

The four great kings

1) *yul.'khor.srung*-Defender of the area,
2) *'phags.skyes.bu*-Noble birth
3) *spyan.mi.bzang*-Ugly eyes
4) *rnam.thos.sras*-God of wealth

རྒྱལ་པོ།

*rgyal.po*

gyalpo

1) King
2) Male king spirits

རྒྱལ་བློན།

*rgyal.blon*

gyal lon

Lit. king and minister

It is often used in elemental horoscope where the king (*rgyal.po*) represents a year and the minister (*blon.po*) a month

རྒྱལ་མོ།

*rgyal.mo*

gyalmo

1) Pupil (of the eyes)
2) Queen

རྒྱས་པའི་རྒྱུ།

*rgyas.pa'i.rgyu*

gye pey gyoo

Expanding causes

རྒྱས་ཚད།

*rgyas.tshad*

gye tshey

Developing heat disorder, extreme fever

རྒྱལ་མཚན་སྒྲེང་བ།

*rgyal.mtshan.sgreng.ba*

gyeltsen dengwa

Raising the victory banner

རྒྱལ་གཟེར།

*rgyal.gzer*

gyel zer

Epilepsy

A condition characterised by variety of seizure caused by dysfunction of brain.

རྒྱལ་ཟླ།

*rgyal.zla*
gyel dah
Pause, 12th lunar month of the Tibetan astronomical system

རྒྱས་པ།

*rgyas.pa*
gey pa
Matured/expand

རྒྱུ།

*rgyu*
gyoo
Primary cause (an action which produces a result or effect)

རྒྱུ་སྐར།

*rgyu.skar*
gyoo kar
Lit. the moving stars; constellation, lunar mansion, nakshatra

རྒྱུ་སྐར་རྐང་པ།

*rgyu.skar.rkang.pa*
gyookar kangpa
Lit. foot of the constellation; Padas (quarter)
Each constellation is divided into four quarters, nine such quarters are situated in each house.

རྒྱུ་སྐར་ཉེར་བདུན།

*rgyu.skar.nyer.bdun*
gyookar nyer dhoon
The twenty seven constellations:

1) *tha.skar*-Arietic, Aswini,
2) *bra.nye*-Trianalara, Bharni,
3) *smin.drug*-Pleiades, Krittika,
4) *snar.ma*-Aldebran, Rohini
5) *mgo*-Orionis, Mrigasira
6) *lag*-Belelgeuse, Aridra
7) *nab.so*-Pollux, Puarvasu
8) *rgyal*-Castor, Pushyami
9) *skag*-Hydrae, Aslesha
10) *mchu*-Regulas, Magha
11) *bre*-Zosma, Poorva Phalguni
12) *dbo*-Denebala, Uttra Phalguni
13) *me.zhi*-Corvas, Hast
14) *nag.pa*-Spica, Chitra
15) *sa.ri*-Arcturus, Swati
16) *sa.ga*-Zubemubi, Vaisakha
17) *lha.tsham*-Scorpius, Anuradha
18) *snron*-Antares, Jyeshtha
19) *snrub*- Shaula, Moola

20) *chu.stod*- Kaus-Aust, Poorva Shada
21) *chu.smad*- Nunki, Uttra Shada
22) *gro.bzhin/ byi.bzhin* - Altair, Sarvana
23) *mon.gre*-Delphinus, Dhamishta
24) *mon.gru*-Aquari, Satbhisha
25) *'khrum.stod*-Pegasus, Poorva Bhadra
26) *'khrum.smad*-Pegas, Uttra Bhadra
27) *nam.gru*-Piscium, Rewati

## རྒྱུ་སྐར་ཉེར་བརྒྱད།

*rgyu.skar.nyer.brgyad*
gyookar nyer gey
The twenty eight constellations
The constellations called *gro.zhin* and *byi.zhin* are located in one star cluster. However, they may be counted separatedly to make twenty eight constellations.

## རྒྱུ་རྐྱེན།

*rgyu.rkyen*
gyoo ken
Cause and condition

## རྒྱུ་མཁྲིས་སེར་པོ།

*rgyu.mkhris.ser.po*
gyoo tree ser po
Botanical Name: Potentilla venusta
Taste: Sweet to bitter
Potency: Cool to coarse
Uses: It is used for treating diarrhoea resulting from fever entering intestine, cold associated fever, epidemic diseases, poisoning and to stop diarrhoea due to worms.

## རྒྱུ་མཐུན་གྱི་འབྲས་བུ།

*rgyu.mthun.gyi.'bras.bu*
gyoo thoon gi dre poo
A result which is in conformity with the cause

## རྒྱུ་བ།

*rgyu.ba*
gyoo wa
To circulate; to move (moving energy)

## རྒྱུ་མ།

*rgyu.ma*
gyoo ma
Small intestine

རྒྱུ་མ་རྒྱབ།

*rgyu.ma.rgyab*
gyoo ma gyap
Rear of the small intestine

རྒྱུ་མའི་ནད།

*rgyu.ma'i.nad*
gyoo mey ney
Diseases of the small intestine

རྒྱུ་མའི་ཆུ་རྩ་ཕྲན་བུ།

*rgyu.ma'i.chu.rtsa.phran.bu*
gyoo mey chu tsa tren boo
Minor water channels of the small intestine

རྒྱུ་རྩ།

*rgyu.rtsa*
gyoo tsa
Lit. intestinal channel; (blood letting) veins extending from soles of the feet

རྒྱུ་ཚད།

*rgyu.tshad*
gyoo tshey
Fever of the small intestine, Duodenum fever (the first part of the small intestine following the outlet from the stomach and containing the pancreatic and common bile ducts)

རྒྱུ་རླུགས།

*rgyu.rlugs*
gyoo look
Scrotal hernia

རྒྱུ་ལམ།

*rgyu.lam*
gyoo lam
Channel of circulation, specific pathways of the three humours

རྒྱུ་གཟེར།

*rgyu.gzer*
gyoo zer
Shooting pains in the small intestine, Intestinal infection such as colitis, intestinal spasm

རྒྱུད།

*rgyud*
gyue
Continuum

རྒྱུད་སྡེ་བཞི།

*rgyud.sde.bzhi*
gyue dey shee

Four Classes of Tantras

1. Kriya Tantra (Action Tantra)-*bya.rgyud*
2. Carya Tantra (Performance Tantra)-*spyod.rgyud*
3. Yoga Tantra (Union Tantra)-*rnal.'byor.rgyud*
4. Anuttarayoga Tantra (Highest Yoga Tantra)-*rnal.'byor.bla.na.med.pa'i.rgyud*

རྒྱུད་སྡེ་རིན་པོ་ཆེ།

*rgyud.sde.rin.po.che*

gyoo dey rinpo chey

The precious Tantric Treatise

རྒྱུད་བཞི།

*rgyud.bzhi*

gyue she

Four Tantras

Popularly known as 'The Four Tantras', is the principle text of Tibetan medicine authored by Yuthog Yonten Gonpo Elder (708-833 A.D); it has four sections

1. *rtsa.rgyud* (The Root Tantra)
2. *bshad.rgyud* (The Explanatory Tantra)
3. *man.rgyud* (The Oral Instruction Tantra)
4. *phyi.rgyud* (The Last Tantra)

རྒྱུན་སྤྱོད།

*rgyun.spyod*

gyun choe

Routine behaviour, Daily conducts

The activities of routine daily life is three-fold:

1) *tshe.rkyang.pa'i.spyod.lam*-activity geared to this life
2) *'jig.rten.mi.chos.spyod.lam*-wordly activities
3) *dam.pa.lha.chos.spyod.lam*-higher religious activities to accumulate good merits

རྒྱུན་ཤེས་ཀྱི་བུ།

*rgyun.shes.kyi.bu*

gyoon she ki boo

Atreya; lit. Son of the continuing wisdom; a saint who was present during Buddha's teaching on medicine

རྒྱུས་པ།

*rgyus.pa*

gyooe pa

Tendons

རྒྱུས་མེད་ལམ་དུ་ཞུགས་པ།

*rgyus.med.lam.du.zhugs.pa*
gyooe mey lamdoo shook pa
One who sets out on an unknown path

ལྒང་པ།

*lgang.pa*
gang pa
Urinary bladder

ལྒང་པའི་ཆུ་རྩ་ཕྲན་བུ།

*lgang.pa'i.chu.rtsa.phran.bu*
gang pey choo tsa tren boo
Minor water channels of the urinary bladder

ལྒང་པའི་གཉན་ཁ།

*lgang.pa'i.gnyan.kha*
gang pey nyen kah
Cystitis (inflammation of the bladder)

སྒ་སྐྱ།

*sga.skya*
ga kya
Hindi Name: Adarakh/ Shunti
Botanical Name: Zingiber Officinalis Roscoe
Taste: Hot
Potency: Warm
Uses: It is used against impaired digestive heat, indigestion and combined disorders of *Bad-kan* and *rLung*. It is also useful in the cleansing of blood and in the rejuvenation of the nutritive vessels.

སྒ་ཏིག་ཁྲ་བོ།

*sga.tig.khra.bo*
ga tig tra wo
Botanical Name: Androsace sp.
Taste: Bitter to slightly hot
Potency: Cool
Uses: It is used against excess serous fluid, fever, wounds in the body and sudden swelling.

སྒ་ཏིག་སྨུག་པོ།

*sga.tig.smug.po*
ga tig mook po
Botanical Name: Androsace sp.
Taste: Bitter
Potency: Cool to coarse
Uses: See *sga.tig.khra.bo*

སྒ་སྨུག

*sga.smug*
ga mook

Skt. Name: Shunthi
Hindi Name: Adrak
English Name: Ginger
Botanical Name: Zingiber officinale
Taste: Hot
Potency: Warm
Uses: It is use against vomiting, diarrhoea, distension and rumbling sound in the stomach, formation of sputum and mucus in chest and the stomach, combined disorders of *Bad-kan* and *rLung*, retention of menstrual blood, digestive problems, impotency and weak bodily heat. It reduces toxicity of some herbs and is a good circulatory stimulant.

སྒ་དམར།

*sga.dmar*
ga mar
Hindi Name: Barakulinjan/ Rasna
Botanical Name: Alpinia galanga Willd

སྒ་སེར།

*sga.ser*
ga ser
Skt. Name: Haridra
Hindi Name: Haldi
English Name: Turmeric
Family: Zingiberaceae
Botanical Name: Curcuma longa
Taste: Hot to bitter
Potency: Cool
Uses: It is used against daibetes, piles, respiratory infections, poisoning, necrosis, and to subside infectious fever.

སྒབ་རྩ།

*sgab.rtsa*
gab tsa
Popliteal veins (Blood letting point)

སྒལ་བ།

*rgal.ba*
gel wa
Back

སྒལ་ཚིགས།

*sgal.tshigs*
gel tsik
Vertebrae, Vertibral column

སྒུར་པོ།

*sgur.po*
goor po
Hunchbacked, spinal deformity

སྒོ།

*sgo*
go
Gate, door

སྒོ་ལྔའི་རྣམ་ཤེས།

*sgo.lnga'i.rnam.shes*
go ngey namshey
The consciousness of the five senses (sight, hearing, smell, taste and touch)

སྒོག་སྐྱ།

*sgog.skya*
gok kya
Skt. Name: Rasona
Hindi Name: Lasan
English Name: Garlic
Botanical Name: Allium Sativum
Taste: Hot
Potency: Warm
Uses: It is useful for treating wide range of diseases–rheumatism; combined disorders of *bad.kan* and *rlung*; for the lung as an expectorant and powerful decongestant; for the heart to lower blood pressure and reduce high cholesterol; for the stomach as an anthelmintic that expels worms; for gynaecological problems, to ease flow of menstruation and promotes appetite and induces sleep. Modern study has shown that garlic is an antiviral, antibiotic and antifungal in cases of tuberculosis and meningitis.

སྒོག་སྔོན།

*sgog.sngon*
gok ngon
English Name: Leek
Taste: Slight hot to sweet
Potency: Warm
Uses: It is used against tumours, *rlung* diseases, diptheria, disorders associated with micro-organisms, and promotes sleep, digestion and bodily heat.

སྒོག་པ།

*sgog.pa*
gok pa

English Name: Garlic
Botanical Name: Allium Sativum Linn
Taste: Hot
Potency: Warm
Uses: See *sgog.skya*

## སྒོག་པ་རུག་པ།

*sgog.pa.rug.pa*
gok pa rook pa
Botanical Name: Allium prattii C.H.Wright.
Taste: Sweet to hot
Potency: Heavy to warm
Uses: It is beneficial in treating diseases of cold bile (*grang.mkhris*), diarrhoea resulting from cold condition, loss of digestive heat, *rlung* and *bad.kan* disorders and contradictions of heat and cold.

## སྒོག་རྫས་ཕོ་བ་རི།

*sgog.rzas.pho.ba.ri*
gok zey pho wa ri
Hindi Name: Pudi-na
English Name: Mint
Taste: Astringent to hot
Potency: Warm to slightly cool
Uses: It enhances digestion and appetite and proves beneficial in treating *rLung* disorders of the stomach, fever associated with *rlung*, pain in muscle tissues, diptheria, vocal obstruction and pimples.

## སྒོང་ཐོག་པ།

*sgong.thog.pa*
gong thok pa
Botanical Name: Erysimum sp.
Taste: Sweet to bitter
Potency: Cool
Uses: It is used as an antidote to meat poisoning, controls fever associated with chronic diseases, disturbed fever, and cures weakened lungs and heart diseases.

## སྒོང་ཐོག་པའི་འབྲུ།

*sgong.thog.pa'i.'bru*
gong thok pey doo
Erysimum sp. (seeds)

## སྒོམ་སྒྲུབ།

*sgom.sgrub*
gomdup
Practice of meditation

## སྒོམ་ལ་སྡོད་པ།

*sgom.la.sdod.pa*
gom la doe pa
To sit in meditation

## སྒོས་བཤལ།

*sgos.bshal*
goe shel
Specific purgative in which patients take the medicine and then rinse his/her mouth (for bile humour ailments)

## སྒྱུ་མའི་ལུས།

*sgyu.ma'i.lus*
gyoo mey lue
Illusory body

## སྒྱེད་བུ།

*sgyed.bu*
gey boo
Hearth; which is one of the astrologer's soul stones

## སྒྲ་གཅན།

*sgra.gcan*
dra chen
Dragon's head, Rahu, ascending moon node

## སྒྲ་གཅན་གྱི་མཇུག

*sgra.gcan.gyi.mjug*
dra chen ki juk
The tail of Dachen or Ketu (descending moon node)

## སྒྲ་གཅན་གྱི་གདོང་།

*sgra.can.gyi.gdong*
drachen ki dhong
The face of Dachen or Rahu

## སྒྲ་གཅན་སྤྲུལ་བའི་གཟའ་བཞི།

*sgra.can.sprul.ba'i.gza'.bzhi*
drachen toolwey za shi
The four emanation planets of Rahu

1) *sTag.mgo.me.'bar*-A blazing head of tiger
2) *gYag.mgo.rlung.tshub*-Yak head typhoon
3) *Chu.thig.sngon.po*-Blue drop of water
4) *Dhu.ba.mjug.ring*-Long tailed smoke

## སྒྲ་མ།

*sgra.ma*
dra ma
Skt. Sabdi (the goddess of the sound)

སྒྲ་བཤད།

*sgra.bshad*
dra shey
Etymology, Lit. explanation of words

སྒྲིབ་གཉིས།

*sgrib.gnyis*
drip nyee
The two obscurations
1) Obscuration of delusion (*nyon.sgrib*)
2) Obscuration to omniscience (*shes.grib*)

སྒྲུབ་པར་བྱེད་པ།

*sgrub.par.byed.pa*
droob par jey pa
Practising the (meditative) means for attainment

སྒྲེགས།

*sgregs*
drek
Belching or frequent eruction

སྒྲོ་ཤང་རྩེ།

*sgro.shang.rtse*
dro shang tsey
Botanical Name: Orobanche cernua

Taste: Sweet
Potency: Warm
Uses: It restores kidney heat, promotes the functioning of kidneys and checks haemorrhage.

སྒྲོག་རུས།

*sgrog.rus*
drok rue
Collar bone, Clavicles

སྒྲོན་ཤིང་།

*sgron.shing*
dron shing
Hindi Name: Saralah/Chid
English Name: Name: Pine tree
Botanical Name: Pinus Tabulaeformis Carr
Taste: Sweet to bitter
Potency: Hot
Uses: It is effective in relieving swelling due to *rLung* and anaemia, accumulation of serous fluids in and around the joints and odema.

བརྒྱ་བྱིན།

*brgya.byin*
gya jin
Indra

Indra (the ruler of the 33rd realm of God); one of the gods who was present during Buddha's teaching on medicine.

བརྒྱལ་གཟེར།

*brgyal.gzer*
gyel zer
Epileptic fits, Epilepsy
A disorder of the brain characterised by convulsions and psychic dysfunction.

བསྒྲིམས་ཏེ་འཇུག་པའི་ཡིད་བྱེད།

*bsgrims.te.'jug.pa'i.yid.byed*
drim tey jook pey yi jey
Forceful attention

# ང་།

ང་རྒྱལ།

*nga.rgyal*
nga gel
Pride/ vanity

ངག

*ngag*
ngak
Speech

ངག་ཁྱལ།

*ngag.khyal*
ngak khel
Irresponsible chatter/gossip

ངང་དཀར།

*ngang.dkar*
nang kar
Anser domestica geese

ངང་པ།

*ngang.pa*
nangpa
Geese; Anser sp. (wild goose)

ངང་པ་ཅིག་ཐུབ།

*ngang.pa.chig.thub*
nang pa chik thoob
A synonym for Sophora davidii Franch (*skyi.ba'i.'bras.bu*).

ངད།

*ngad*
ngey
Vegetables, Aromatic herbs

ངན་ཁྲག

*ngan.khrag*
ngen trak
Impure blood
It is produced in the liver under pathological conditions. It is the result of imbalance fire-like *rlung* in the stomach, which fails to separate essence and the waste matter. Thus, a mixture of essence and waste matter flows in to the liver, where impure blood is produced. This impure blood when leaving the liver enters the circulatory system. The presence of impure blood in the body is characterised by dark lips, dark skin, dark face, pimples and the whites of the eyes turn reddish brown.

ངན་འགྲོ

*ngan.'gro*
ngen dro
Skt. Durgati
A general name for the three lower realms of miserable existences
1) *dmyal.ba*-hell
2) *yi.dags*-hungry ghost
3) *dud.'gro*-animals

ངན་པ་དགུ་འཛོམས།

*ngan.pa.dgu.'dzoms*
ngenpa goo zom
Nine bad omens/gathering of nine bad things
It is a day on which nine evil landlord spirits gather.

ངན་གཡོ་སྐྱོན་བརྟག

*ngan.gyo.skyon.brtag*
ngen yo kyon tak
Techniques to gain patients' confidence and trust

ངན་སོང་།

*ngan.song*
ngensong
(See. *Ngan.'gro*)

ངར་གདོང་།

*ngar.gdong*
ngar dhong
Shins

ངལ་དུབ།

*ngal.dub*
ngel doob
Physical exhaustion

ངུར་བ།

*ngur.ba*
ngoor wa
Red mallard (Tadorna ferruginea pallas)

ངེས་པ་དང་མ་ངེས་པ།

*nges.pa.dang.ma.nges.pa*
ngeypa dhang ma ngey pa
Certain and uncertain

ངེས་པར་རྒྱུ་བ།

*nges.par.rgyu.ba*
ngey par gyoo wa
Certainly moving/the wind energy of the sense of touch

ངེས་འབྱུང་གི་སེམས།

*nges.'byung.gi.sems*
ngey joong kee sem
Renunciation; wish to be liberated (a strong wish to be free from samsara or the cyclic existence)

ངེས་ཤེས།

*nges.shes*
ngey shey
Ascertainment;cocksure

ངོ་ཁབས།

*ngo.khabs*
ngo khab
Pregnancy mask and other skin disorders
A skin disease in which the face gets covered with whitish colour

ངོ་ཐོག་ལོ།

*ngo.thog.lo*
ngothok lo
Current year, running year

ངོ་བོ།

*ngo.bo*
ngo wo
Entity, nature or characteristic features

## ངོ་བོ་ཉིད་སྐུ།

*ngo.bo.nyid.sku*
ngo wo nyee koo
Essential dimension of awakening

## ངོ་མཚར་རྩ་བདུན།

*ngo.mtshar.rtsa.bdun*
ngo tshar tsa dhuen
The seven wonderful pulses
The seven wonderful pulse is used as a means of divination in Tibetan medicine. It can only be examined in a healthy person.
The seven wonderful pulses are:

1) *khyim.phya* (Family Pulse)
2) *'gron.'phya* (Guest Pulse)
3) *dgra.phya* (Enemy Pulse)
4) *grogs.phya* (Friend Pulse)
5) *gdon.phya* (Evil Spirit Pulse
6) *me.chu.go.ldog* (Substitutional Pulse)
7) *bu.rtsa* (Pregnancy Pulse)

## ངོ་ཤིག

*ngo.shig*
ngo shik
Small black moles covering the face (lit. face lice)

## ངོས་འཛིན་རྟགས།

*ngos.'dzin.rtags*
ngoe zin tak
Diagnosis and symptoms of disorders

## ངོས་འཛིན་བརྟག

*ngos.'dzin.brtag*
ngoe zin tahk
Examination by direct observations, identification through investigation

## ངོས་འཛིན་བརྟགས་ཀྱི་རྩ་བ།

*ngos.'dzin.brtags.kyi.rtsa.ba*
ngoe zin tak ki tsa wa
The root of diagnosis

## མངར་ཁམ།

*mngar.kham*
ngar kham
English Name: Apricot
Uses: It is beneficial in curing water retention, wounds, *mkhris.pa* disorders, and promotes growth of hairs. Eating apricots relieves constipation and helps allergic and urticaria patients.

མངར་བ།

*mngar.ba*
ngar wa
Sweet taste

མངལ།

*mngal*
ngel
1) Distaste
2) Womb

མངལ་སྐྲན།

*mngal.skran*
ngel tren
Tumours of the womb

མངལ་ཁྲག་ཟགས་པ།

*mngal.khrag.zags.pa*
ngel trak zakpa
Uterine bleeding (bleeding in the uterus)

མངལ་གནས།

*mngal.gnas*
ngel ney
Stages in the womb

མངལ་གནས་ལྟེ་བར་འབྲེལ།

*mngal.gnas.lte.bar.'brel*
ngel ney te war drel
Connected to the umbilicus of the foetus

དངངས་སྐྲག

*dngangs.skrag*
ngang trak
Anxiety (lit. suffocation)
A condition characterised by exaggerated fear or worry.

དངུལ།

*dngul*
ngool
Hindi Name: Chandi
English Name: Silver
Latin Name: Argentum
Taste: Bitter to sour
Uses: It remedies disorders of gout, arthritis, abscess and dries up serous fluid and impure blood.

དངུལ་ཆུ།

*dngul.chu*
ngool choo
Hindi Name: Parad/Dansar
English Name: Mercury, quick silver
Latin Name: Hydragyrum
Taste: Hot
Uses: It is the only liquid mineral element which

possesses excellent characteristics to treats toxins, dries up lymphatic fluids, subdue evil spirits and is a great elixir for both the body and mind.

## དངུལ་ཆུ་བཅོ་བརྒྱད།

*dngul.chu.bco.brgyad*
ngool choo cho gey
Hydragyrum Eighteen.
Ingredients: *dngul.chu.dkar.btul, seng.ldeng.khanta, cu.gang, gur.gum, li.shi, dza.ti, sug.smel, ka.ko.la, spos.dkar, thal.rdor, so.ra, gul.nag, a.ru, shing.kun, shu.dag.nag.po, sman.chen, gla.rtsi, stag.sha.nag.po*
Nature: Slightly cool
Uses: It is beneficial against rheumatism, dermatitis, serous fluid, and acts as anti-inflammatory, analgesic and anti-pruritic.

## དངུལ་ཆུའི་འབྱུང་ཁུངས།

*dngul.chu'i.'byung.khungs*
ngool chue jung khoong
Sources of mercury
It derived or origin from eight major sources:
1) From a hematite-like stone ( *dngul. rdo.'dra ba*)
2) Pyrite (*pha.wang.long.bu*)
3) The sweaty and dirty clothes
4) The clothes on a dead body weathered by rain
5) Old clothes, blankets or tents made from yak hair and have been weathered by rain
6) Chenopodium album L (*sne'u*)
7) Pigeon (*phug.ron*)
8) Scorpion (*sdig.pa.nag.po*)

## དངུལ་ཏིག

*dngul.tig*
ngool tik
Botanical Name: Parnassia nubicola
Taste: Bitter
Potency: Coarse
Uses: It is beneficial in treating fever associated with liver, *mkhris-pa*, tumours and relieves pain.

## དངུལ་ཐལ།

*dngul.thal*
ngool thel
Silver ash
Uses: It dries up lymph accumulation and controls proliferation of impure

blood, abscess and treats gout and arthritis.

དངུལ་རྡོ།

*dngul.rdo*
ngool do
English Name: Silver sulphide ore
Scientific Name: Argentite
Uses: It dries accumulation of serous fluid and heals fractured bones.

དངུལ་མདུང་།

*dngul.mdung*
ngool doong
Lit. silver spear
It refers to the left side blood letting vessel extending one *mtshon* to the side from the space between the eyebrows and four *sor* upwards.

དངུལ་ཕོར།

*dngul.phor*
ngool for
Silver bowl

དངུལ་ཞུན།

*dngul.zhun*
ngool shun
Silver pitch, silver bitumen

དངུལ་ཟིལ།

*dngul.zil*
ngool zeel
English Name: Quartz
Scientific Name: Actinolitum
Taste: Salty
Uses: It gives tone to the bone, remove discolouration of bones and cures poisoning.

དངོས་ཁམས།

*dngos.khams*
ngoe kham
Physics

དངོས་གྲུབ།

*dngos.grub*
ngoe dup
Attainment (i.e mental and physical powers), blessings and accomplishments

དངོས་གྲུབ་སྦྱོར།

*dngos.grub.sbyor*
ngoe dup jor
The combination of accomplishments
It refers to the connection between the element of the daily planet (weekdays) and the element of the

constellation (moon constellation) i.e. earth and earth (weekday) and moon constellation respectively.

དངོས་དུག

*dngos.dug*
ngoe duk
Natural poison

དངོས་པོ།

*dngos.po*
ngoe po
Objects, matter, items, material

དངོས་པོའི་འཇིག་རྟེན།

*dngos.po'i.'jig.rten*
ngoe po jik ten
Material world

མངོན་ཤེས།

*mngon.shes*
ngon shey
Clairvoyance, paranormal cognition, extra sensory perception

མངོན་སུམ་གྱི་ཤེས་པ།

*mngon.sum.gyi.shes.pa*
ngon sum ki shey pa
Perceptual spirits

རྔ་དབྱུག་ཚལ།

*rnga.dbyug.tshal*
nga yuk tshel
English Name: Drumstick
Taste: Bitter
Potency: Cool
Uses: It is effective against nausea and giddiness associated with *mkhris-pa* disorders, problems associated with nervous system, pain during the menstrual cycle and micro-organism related ailments.

རྔ་མོང་།

*rnga.mong*
nga mong
Camel (Camelus bactrianus)

རྔབས་ར།

*rngabs.ra*
ngab ra
Cupping horn
It drains excess serous fluids accumulated in the joints and relieves pain and swelling.

རྔུབ་པ།

*rngub.pa*
ngoob pa
To inhale or to draw air

རྔུལ།

*rngul*
ngool
Sweat or perspiration

རྔུལ་འདུ།

*rngul.'du*
ngool doo
Vulnerable auxillary arteries (lit. gatherer of perspiration)

རྔུལ་དབྱུང་།

*rngul.dbyung*
ngool yoong
Diaphoresis or Fomentation therapy inducing persperation

ལྔ་བསྡུས།

*lnga.bsdus*
nga due
The inclusive calendar features
1) *gza* (weekdays)
2) *tshes* (date)
3) *skar.ma* (constellation)
4) *sbyor.ba* (combination)
5) *byed.pa* (diagram)

སྔ་འགྱུར།

*snga.'gyur*
nga gyoor
Early translations

སྔ་དྲོ།

*snga.dro*
nga dro
Early morning

སྔགས་པ།

*sngags.pa*
ngak pa
Tantric practitioner

སྔར་རྗེས་བཅད་པ།

*sngar.rjes.bcad.pa*
ngar jey chey pa
Previous treatment (to recollect previous treatments while diagnosing)

སྔར་ཚུལ།

*sngar.tshul*
ngar tshool
The second stage of the diseases

སྔོ་ཁྱུང་སྡེར་དཀར་པོ།

*sngo.khyung.sder.dkar.po*

ngo khyoongdher karpo
Saussurea Katochaetoides

སྔོ་ཁྱུང་སྡེར་སྨུག་པོ།

*sngo.khyung.sder.smug.po*
ngo khyoong dher mook po
Saussurea stella Manim

སྔོ་སྒ་ཆུང་བ།

*sngo.sga.chung.ba*
ngo ga choong wa
Senecio tianschanicus Rogal et Schmalh
Uses: It subside fever due to bile and headache.

སྔོ་སྒ་ཤ་ལ་ཡུ་རིང་།

*sngo.sga.sha.la.yu.ring*
ngo ga shala yuring
Botanical Name:
Crementhodium sp.
Taste: Bitter to hot to sweet
Potency: Cool to coarse
Uses: It is used for treating inflammations, wounds and joins bone fracture.

སྔོ་གྲོ་ཤང་ཙེ།

*sngo.gro.shang.tse*
ngo dro shang tse
Botanical Name: Orobanche
Taste: Sweet
Potency: Neutral
Uses: It is beneficial in treating bleeding, chronic wounds, burnt, impotency, relieves kidney and waist pain and restores weak bone and ligaments.

སྔོ་ངད།

*sngo.ngad*
ngo ngey
Green vegetables

སྔོ་ཆུ་སྲིན་སྡེར་མོ།

*sngo.chu.srin.sder.mo*
ngo chusin dermo
Hindi Name: Hath jawri
Botanical Name: Selaginella pulvinata

སྔོ་རྟ་ལྤགས། (དཀར་པོ)

*sngo.rta.lpags*
ngo ta pak
Botanical Name: Oreosolen wattii Hook.f.
Taste: Sweet to bitter
Potency: Cool, heavy and smooth
Uses: It is beneficial in treating disorders of *rLung*, micro-organism, fractured bone,

accumulation of serous fluid and weak bones.

སྔོ་རྟ་རྨིག།

*sngo.rta.rmig*
ngo tamik
Botanical Name: Viola biflora L.
Taste: Bitter to astringent
Potency: Cool
Uses: It is used for treating wounds, head ache, fractured bones and bleeding.

སྔོ་དུག་མོ་ཉུང་།

*sngo.dug.mo.nyung*
ngo dukmo nyoong
Botanical Name: Vincetoxicum Canescens
Taste: Bitter
Potency: Very Cool
Uses: It cures dysentary and development of hot disorders of the gall bladder.

སྔོ་དེ་ཝ།

*sngo.de.wa*
ngo dhe wa
Botanical Name: Corydalis melanochlora Maxim
Taste: Bitter to sweet
Uses: It cures bile disorders of channels and bile fever.

སྔོ་སྤྲིན།

*sngo.sprin*
ngo tin
Botanical Name: Thalictrum sp.
Taste: Bitter
Potency: Cool
Uses: It is used against inflammation, fever due to poisoning, turbid fever, unripe fever and diffused fever. It also controls irregular flow of menstruation bleeding and relieves pains.

སྔོ་སྤྲིན་ལོ་མ་ཆུང་བ།

*sngo.sprin.lo.ma.chung.ba*
ngo tin loma choong wa
Botanical Name: Thalictrum reniforme Wallich.
Taste: Bitter
Potency: Cool
Uses: It is beneficial in treating inflammations, wounds, serous fluid diseases, intestinal fever and unripe fever.

སྔོ་སྤྲིན་ལོ་མ་ཆེ་བ།

*sngo.sprin.lo.ma.che.ba*
ngo tin loma che wa
Botanical Name: Thalictrum cultratum Wallich.

Taste: Bitter
Potency: Cool
Uses: See *Sngo.sprin.la.ma.chung.ba*

སྔོ་བོང་དམར།

*sngo.bong.dmar*
ngo bong mar
Pedicularis trichoglossa Hook F.

སྔོ་སྦྱོར།

*sngo.sbyor*
ngo jor
Herbal compounds

སྔོ་མ་གི་ཏ།

*sngo.ma.gi.ta*
ngo ma gi ta
A synonym for Delphinium Chrysotrichum Finet. et Gagnep. ( *bya.rgod.spos*).

སྔོ་སྨན།

*sngo.sman*
ngo men
Herbal medicine

སྔོ་སྨན་འཁྲུང་དཔེ་བསྡུས་པ།

*sngo.sman.'khrung.dpe.bsdus.pa*
ngo men troong pey due pa
The condensed book of medicinal plants

སྔོ་སྲུབ།

*sngo.srub*
ngo sub
Botanical Name: Anemone rivularis
Taste: Bitter to hot
Potency: Warm
Uses: It restores digestive heat of the stomach, and is beneficial in the treatment of indigestion, tumours of cold nature, pathogenic diseases and poisoning caused by snake bite, heals infected wounds and reduces excess serum fluid.

སྔོན་འགྲོ

*sngon.'gro*
ngon dro
Preliminary

སྔོན་བུ་མཆོག

*sngon.bu.mchog*
ngon boo chog
English Name: Wild lettuce
Botanical Name: Cynanthus Lobatus
Taste: Bitter
Potency: Warm

Uses: It has a purgative action against serous fluid and bile disorders and treats flatulence.

# ཅ།

## ཅུ་གང་།

*cu.gang*
chu gang
Skt. Name: Baulochan
Botanical Name: Bambusa Textilis
Taste: Sweet
Potency: Cool
Uses: It is one of the six supreme medicinal plants and has medicinal value to subside fever of the lungs, chronic fever, inflammation due to wounds, yellow sclera and infectious diseases.

## ཅུ་གང་ཉེར་ལྔ།

*cu.gang.nyer.lnga*
choo gang nyer nga
Bambusa Twenty-Five
Nature: Neutral
Ingredients: *cu.gang, gur.gum, li.shi, sug.smel, ka.ko.la, dza'.ti, ghi.wam, shing.mngar, rgun.'brum, sro.lo.dkar, a.krong.dkar, star.bu, ru.rta, ba.dur, ba.le.ka, hong.len, tsan.dkar, tsan.dmar, a.ru, ba.ru, tshar.bong, ba.yag.rtsa.ba,*

*zi.ra.dkar.po, ug.chos.rtsa.ba, skyu.ru,*
Uses: It cures coughing, pulmonary diseases, haemoptysis, whooping cough, chronic influenza, pneumonia, pulmonic algia, hyperpyrexia of upper back, chest pain, loss of weight and dries serous fluids.

ཅུ་གང་བདེ་བྱེད་ཆེ་བ།

*cu.gang.bde.byed.che.ba*
choo gang de jey che wa
Bambusa Comforter
Nature: Cool
Ingredients: *cu.gang, gur.gum, li.shi, u.ta.pal, se.'bru, pi.pi.ling, shing.tsha, ka.ra, rgun.'brum, shing.mngar, tsan.dkar, gi.wam*
Uses: It promotes appetite, cures hidden and chronic fever, pulmonary diseases, pleural effusion and balances hot and cold disorders.

ཅུང་ཟད།

*cung.zad*
choong zey
A little, a small amount

ཅུར་ནིས།

*cur.nis*
choor nee
Powder
It is a synonym of *phye.ma* (powder).

ཅོ་ཀ།

*co.ka*
choka
Lark (Alauda gulgula Frankklin)

ཅོག་ལ།

*cog.la*
chok la
Skt. Name: Shingrab
Scientific Name: Cinnabaris Sp.

ཅོག་ལ་མ།

*cog.la.ma*
chok la ma
Botanical Name: Cinnabaris
Taste: Sweet
Potency: Cool
Uses: It heals fractured bones, cuts and wounds, hepatitis, pneumonitis, neuritis, nervous disorder, arteriosclerosis and cranial nerve disorders.

ཅོག་ལ་མི་བཟོས།

*cog.la.mi.bzos*
chok la mi zoe
A synonym of *Dha.chu* (hdragyrum Sulphidium)
Its characteristic are similar to that of the cinnabaris sp.

ཅོག་ལ་རང་བྱུང་།

*cog.la.rang.byung*
chok la rang joong
Natural cinnabaris sp.

ཅོང་ཞི།

*cong.zhi*
chong shi
Skt. Name: Somawath
English Name: Lime stone
Scientific Name: Calcitum
Taste: Sweet
Potency: Hot
Uses: It treats debility, diarrhoea, chronic gastritis, brown phlegm, sour watery vomitus; and heals cracks and fractured bones.

ཅོང་ཞི་རྒོད་བརྟུལ།

*cong.zhi.rgod.brtul*
chong shi goe tool
A type of processed calcite; a calcinated powder of calcite

ཅོང་ཞི་དགུ་པ།

*cong.zhi.dgu.pa*
chong shi goo pa
Calcinite Nine
Nature: Medium hot
Uses: It is a same compound as *'phag.gru'* and treats *bad-kan* associated with tumour in the lower esophageal sphincter, indigestion, brown phlegm, *bad-kan* diseases, distension, cramps and vomiting resulting from *bad-kan* disorders.

ཅོང་ཞི་དྲུག་པ།

*cong.zhi.drug.pa*
chong shi duk pa
Calcite Six
Ingredients: *cong.zhi.tsha.btul, se.'bru, gur.gum, sug.smel, pi.ling, ma.nu.ru.rta, ka.ra*
Nature: Neutral
Uses: It cures *Bad-kan* diseases, vomiting of sour acidic water and burning sensation in the chest (heart burn).

ཅོང་ཞི་རིགས་ལྔ།

*cong.zhi.rigs.lnga*
chong shi rik nga
The Five kinds of Lime stone
1. *pho.cong-* Male Lime stone)
2. *mo.cong-* Female Lime stone)
3. *bu.cong-* Son Lime stone)
4. *bu.mo.cong-* Daughter Lime stone
5. *ma.ning.cong-* Neuter Lime stone

གཅན་གཟན།

*gcan.gzan*
chen zen
Carnivorous animals

གཅན་གཟན་སྡེ།

*gcan.gzan.sde*
chen zen dey
A group of predatory wild animals

གཅིན།

*gcin*
chin
Urine

གཅིན་འགགས།

*gcin.'gags*
chin gak
Anuria, Skt. mutraghata

གཅིན་གྱི་རྒྱུ་ལམ།

*gcin.gyi.rgyu.lam*
chin gi gyoo lam
Urinary tract

གཅིན་སྙི།

*gcin.snyi*
chin nyi
Diabetes (lit. frequent urination), Dysuria
A condition characterised by habitual discharge of an excessive volume of urine accompanied by excessive thirst.

གཅིན་སྙི་བའི་རྒྱུ་རྐྱེན།

*gcin.snyi.ba'i.rgyu.rkyen*
chin nyi wey gyoo ken
Primary and secondary causes of diabetes
Factors that effect diabetes according to Tibetan medicine are intake of salty, sweet, cool and heavy foods and prolonged stay in damp places and exposure to cold.

གཅིན་པ་གཏོང་བ།

*gcin.pa.gtong.ba*
chinpa tong wa
To urinate

གཅིན་མང་།

*gcin.mang*
ching mang
Excessive urination

གཅིན་ལམ།

*gcin.lam*
chin lam
Urethra

གཅིན་ཤོར།

*gcin.shor*
chin shor
Involuntary discharge of urine

གཅེའུ།

*gce.'u*
chey woo
Anal cannulae, Clyster pipe (for injecting mild laxative)
It is used as suppository and enema mainly to treat wind disorders concentrated in the intestinal colon, womb, urinary bladder and rectum.

གཅོང་ཆེན་ཟད་བྱེད།

*gcong.chen.zad.byed*
chong chen zey jey
A chronic metabolic disorder resulting in depletion of bodily constituents

གཅོང་ནད།

*gcong.nad*
chong ney
Chronic disorders

བཅང་།

*bcang*
chang
To retain, to hold

བཅའ་སྒ།

*bca'.sga*
cha ga
Skt. Name: Sundh
Botanical Name: Zingiber Officinalis (Tib. *sman.sga*)
Taste: Hot
Potency: Promotes heat
Uses: It treats impaired digestive heat, indigestion, loss of bodily heat and *Bad.kan and rLung* combined disorders.

**བཅུ་དྲུག་ལྟ་བུའི་ལུས།**

*bcu.drug.lta.bu'i.lus*
choo duk ta bue lue
A body (physical health) comparable to that of a sixteen year old

**བཅུད།**

*bcud*
chue
Vital essence, nutrients, Skt. rasa

**བཅུད་ཀྱི་རྟེན་དང་འབྲེལ།**

*bcud.kyi.rten.dang.'brel*
chue ki ten dang drel
Connected with the basis of nutrients or placenta (*sba.ma*)

**བཅུད་ལེན།**

*bcud.len*
chue len
Vital essence medicine, Extracting the essence, Rejuvenation Theraphy (taking the essences for health and longevity)

**བཅུད་མེད་ཁ་ཟས།**

*bcud.med.kha.zas*
chue mey khazey
Non-nutritious diet, junk food

**བཅུད་བཞི།**

*bcud.bzhi*
chue shi
Four essences
Four types of essences extracted from meat, butter, molasses and *chang* or beer

**བཅུད་ལ་བོར་བ།**

*bcud.la.bor.ba*
chue la borwa
Technique to reveal the symptoms of diseases when a patient fails to tell them

**བཅོ་ལྔ་དྲག་སྦྱོར།**

*bco.lnga.drag.sbyor*
cho nga dak jor
Strongly Compounded Fifteen
Uses: It is recommended for weak digestive system, hematemesis due to *bad.kan.smug.po*, frequent diarrhoea, indigestion, frequent eructation, rumbling of bowels, hepatomegalay due to *rlung* and *bad.kan*

disorders and gastro-intestinal cramps.

### བཅོམ་ལྡན་འདས།

*bcom.ldan.'das*
chomden dey
Skt. Bhagawan, Buddha
(The enlightened one)

### བཅོས་ཚུལ་མི་ཤེས།

*bcos.tshul.mi.shes*
choe tshool mi shey
Ignorant of therapeutic principles

### ལྕ་བ།

*lca.ba*
chawa
Skt. Name: Canda
Hindi Name: Ksemaka/ taskara
English Name: Angelica glauca
Botanical Name: Bleurospermum Tibeticum
Taste: Hot to bitter to sweet
Potency: Warm and heavy
Uses: It is beneficial in treating renal diseases, anaemia, debility, indigestion, first stage dropsy, *Bad.kan* and *rLung* combined disorders, accumulation of serous fluid in the joints and stomach disorders.

### ལྕགས།

*lcags*
chak
English Name: Iron
Scientific Name: Ferrum
Taste: Sweet to sour
Uses: It cures liver diseases, eye infection, fever due to poisoning and oedema.

### ལྕགས་དཀར་པོའི་སྣོད།

*lcags.dkar.po'i.snod*
chak karpoe noe
Containers made from white iron

### ལྕགས་ཏིག་ནག་པོ།

*lcags.tig.nag.po*
chak tik nag po
Botanical Name: Gentianella paludosa
Taste: Bitter
Potency: Cool
Uses: It is used against hot disorders associated with gall bladder, inflammation due to infected sores and subside epedimic fever.

ལྕགས་ཏིག་ར་མགོ་མ།

*lcags.tig.ra.mgo.ma*
chak tik ra go ma
Botanical Name: Halenia elliptica
Taste: Bitter
Potency: Cool
Uses: It is used against hot disorders of the gall bladder, liver, stomach and epedimic fever.

ལྕགས་ཏེལ།

*lcags.tel*
chak tel
Iron hammer
Uses: It is used in moxibustion treatment to treat diseases such as paralysis, excess accumulation of serous fluids, wind and cold disorders, vertigo, lack of digestive heat, swelling, dazed mental state, bodyache, insanity, epilepsy and tumour.

ལྕགས་ཐལ།

*lcags.thal*
chak thel
English Name: Iron ash
Botanical Name: Calcinated powder of iron
Taste: Astringent
Potency: Cool
Uses: It is mainly used to treat three stages of odema and eye diseases.

ལྕགས་དྲེག

*lcags.dreg*
chak dek
1) Iron slag
2) Gastritis

ལྕགས་རྡོ།

*lcags.rdo*
chak do
Iron ore (Limonite)

ལྕགས་སྦྲུལ།

*lcags.sbrul*
chak dool
Elaphedione Pallas or Bungarus muiticintus Blyth

ལྕགས་ཞུན།

*lcags.zhun*
chak shoon
Iron bitumen or pitch

ལྕགས་སག

*lcags.sag*

chak sak
Iron file

ལྕང་མ།

*lcang ma*
chang ma
English Name: Willow
Botanical name: Salix sp.
Uses: It has medicinal value to cure poisoning, swollen veins and dropsy.

ལྕམ་པ།

*lcam.pa*
champa
Hindi Name: Khabazi
Botanical Name: Malva Verticilatta
Taste: Sweet to astringent
Potency: Warm
Uses: It removes obstruction of urine, odema, neurological diseases, morbid thirst, hot disorders associated with kidney and urinary bladder, infected sores, diarrhoea, strengthens the kidney energy and dilates all vessels in the body.

ལྕམ་པ་རྒྱ་ལྕམ།

*lcam.pa.rgya.lcam*
champa gya cham
Alcea rosea L. Althaea rosea (L) cavn

ལྕམ་པ་བོད་ལྕམ།

*lcam.pa.bod.lcam*
champa boe cham
Botanical Name: Malva verticillata L
Uses: It is useful in the treatment of oedema, morbid thirst, diarrhoea and neurological diseases.

ལྕམ་འབྲུ།

*lcam.'bru*
cham doo
Malva verticillata 'seeds'

ལྕི་བ།

*lci.ba*
chiwa
Heaviness

ལྕི་ལ་སྣུམ་པའི་ཟས།

*lci.la.snum.pa'i.zas*
chila numpey zey
Heavy and greasy toods (heavy and greasy refers to potency of the food)

ལྕུམ་རྩ།

*lcum.rtsa*
chum tsa
Skt. Name: Riondchini
English Name: Rhubarb
Botanical Name: Rheum Palmatum
Taste: Sour to bitter
Potency: Neutral to coarse
Uses: It promotes appetite, cures diseases due to poisoning, indigestion, diseases caused by micro-organism, flatulence, constipation, fever of vessel organs and purges *Bad-kan*.

ལྕུམ་ལོ།

*lcum.lo*
choom lo
Leaves of East Asian rhubarb (Rheum palmatum/ webbianum)

ལྕེ།

*lce*
chey
Tongue
It is the seat of experiencing phlegm.

ལྕེ་སྙིང་ལ་ཞེན་པ།

*lce.snying.la.zhen.pa*
che nying la shenpa
Afflict the tongue and the heart

ལྕེ་ལྡིག

*lce.ldig*
che dhik
Stutter
A condition characterised by speech disorder in which sounds are repeated and speech is hesitant.

ལྕེ་མྱང་ཚ།

*lce.myang.tsha*
che nyang tsa
English Name: Red alum salt
Latin Name: Halitum
Taste: Sweet to hot
Potency: Warm
Uses: It is beneficial for the disorders of eyes, cold tumours and aids digestive heat.

ལྕེ་རྩ།

*lce.rtsa*
chey tsa
Blood letting vessels of the tongue

### ལྕེ་ཚ།

*lce.tsha*
chey tsah
English Name: Butter cup flower
Botanical name: Ranunculus odoxifolius
Taste: Acrid
Potency: Hot
Uses: It cures wounds, boils, dropsy, tumours and promotes bodily and digestive heat.

### ལྕེའུ་ཆུང་གཉན་གཞི།

*lce'u.chung.gnyan.gzhi*
chey chung nyan shi
Tonsillitis
A condition characterised by inflammation of tonsils.

### ལྕེའི་གཉན་གཞི།

*lce'i.gnyan.gzhi*
chey nyan shi
Glossitis
A condition characterised by inflammation of tongue.

### ལྕོ་ག་བཅད་འབྱོར།

*lco.ga.bcad.'byor*
cho ga chey jor
A synonym for Medicago archiducis-nicolai/Trigonella ruthenica L ('*bu.su.hang*).

# ཆ།

## ཆ་ག་པ།

*cha.ga.pa*
cha ga pa
English Name: Grasshopper
Scientific Name: Oxya Chinensis Thumb

## ཆ་བྱད།

*cha.byad*
cha jey
Therapeutic instruments

## ཆ་བྱད་དཔྱད་ཀྱི་སྡེ།

*cha.byad.dpyad.kyi.sde*
cha jey chey ki dey
Section on surgical instruments

## ཆ་བྱད་མེད་པ།

*cha.byad.med.pa*
cha jey mey pa
Lack of medicinal instruments

## ཆ་ལག་བཅོ་བརྒྱད།

*cha.lag.bco.brgyad*
chalak cho gey
The Eighteen Supplementary Medical texts
The eighteen supplementary medical texts (by younger Yuthog 1126-1202 A.D.). This is an important text comprising eighteen sections like art of sphygmology, urinalysis, commentary on the Explanatory Tantra, summary of *rGyud.bzhi*, treatment of common diseases etc.

## ཆག།

*chag*
chak
The ring finger
The Tibetan doctors feels the pulses of kidney, urinary bladder and seminal vesicle under the ring finger.s

## ཆག་ཚེ།

*chag.tshe*
chak tshey
Fresh broken barley
A thin porridge made with fresh broken barley.

## ཆག་ཚང་ཀུ་བ།

*chag.tshang.ku.ba*

chak tshang ku wa
A synonym for Lagenaria siceraria ( Molina) Standl (*ka.bed*).

ཆགས་འདྲེ།

*chags.'dre*
chak drey
Spirit of attachment

ཆགས་པ་སྤྱད་དྲགས་པ།

*chags.pa.spyad.drags.pa*
chakpa chey drakpa
Excessive sexual activity

ཆགས་པའི་རྩ།

*chags.pa'i.rtsa*
chak pey tsa
Channels of formation

ཆགས་པས་དུབ་པ།

*chags.pas.dub.pa*
chak pey doob pa
Sexual exhaustion

ཆགས་པས་མྱོས་པ།

*chags.pas.myos.pa*
chak pey nyoe pa
Intoxicated with attachment or desire

ཆགས་ཚུལ།

*chags.tshul*
chak tshool
Embryology

ཆང་།

*chang*
chang
Traditional Tibetan beer usually prepared from barley

ཆང་གི་ལོ་རྒྱུས།

*chang.gi.lo.rgyus*
chang ki lo gyue
The legend of beer

ཆང་ཕབས།

*chang.phabs*
chang fab
Brewer's yeast

ཆང་གསར།

*chang.gsar*
chang sar
Newly fermented beer (of barley)

ཆང་བུ།

*chang.bu*

chang boo
The dough pressed in the hand with finger prints and given to the harmful evil spirits

ཆང་རག་ལང་ཤོར།

*chang.rag.lang.shor*
chang rak langshor
Alcoholism

ཆད་ཅིང་འཇུག་པའི་ཡིད་བྱེད།

*chad.cing.'jug.pa'i.yid.byed*
chey ching juk pey yi jey
Interrupted attention

ཆད་པ་མེད་པ་འཇུག་པའི་ཡིད་བྱེད།

*chad.pa.med.pa.'jug.pa'i.yid.byed*
chey pa me pa jook pey yi jey
Uninterrupted attention

ཆབ་འདྲེན་གཞོན་ནུ།

*chab.'dren.gzhon.nu*
chab dren shon noo
Botanical Name: Hedysarum sp.
Uses: Petals of the new flower cure dropsy and dysuria.

ཆབ་ཚ།

*chab.tsha*
chab tsah
Hot boiled water

ཆམ་རྒན།

*cham.rgan*
cham gen
Chronic catarrh

ཆམ་པ།

*cham.pa*
champa
Common cold ( Catarrh)
A disease characterised by inflammation of nose, or throat mucous membranes

ཆམ་རིམས།

*cham.rims*
cham rim
Contagious common cold
A severe and contagious common cold accompanied by high fever and is also called *rims.cham.*

ཆར་ཆུ།

*char.chu*
char choo
Rain water

Uses: It is considered as the supreme of all of waters which is said to have nector-like quality.

ཆུ།

*chu*

choo

1) Water
2) Urine
3) Water element

ཆུ་སྐར་བདུན།

*chu.skar.bdun*

choo kar dun

The seven water constellations

*1) mon gre,* 2) *khrums smad,* 3) *nam gru,* 4) *snrubs,* 5) *chu stod,* 6) *lag,* 7) *skag*

ཆུ་སྐོལ།

*chu.skol*

chokol

Boiled water

Uses: Intake of freshly boiled water increases the bodily heat and promotes digestive heat. It also cures hiccoughs, distension of stomach caused by phlegm, asthmatic attack and subside fresh infectious fever.

ཆུ་སྐྱུར་རྡོ།

*chu.skyur.rdo*

choo kyoor do

Latin Name: Calcium carbonate

Taste: Sour

Potency: Cool

Uses: It heals fractured bones.

ཆུ་ཀླུང་ཆུ།

*chu.klung.chu*

choo loong choo

River water

ཆུ་རྒྱུས།

*chu.rgyus*

chu gyue

Ligaments and tendons

ཆུ་འགྲམ།

*chu.'gram*

chu dram

River bank, shore, coast (lit. near water)

ཆུ་གཉན་དཀྲུགས།

*chu.gnyan.dkrugs*

choo nyen took

Disturbing the plague-causing water demons

ཆུ་སྙིང་།

*chu.snying*
chu nying
Achates

ཆུ་གཏོར།

*chu.gtor*
choo tor
Ritual water offerings of milk, water and roasted barley prepared in a brass container

ཆུ་སྟོད།

*chu.stod*
chu toe
Poorva shada, Kaus-Aust; one of the 27 constellations.

ཆུ་སྟོད་ཟླ་བ།

*chu.stod.zla.ba*
chu toe dawa
Asar, $6^{th}$ month of the Tibetan lunar calendar

ཆུ་དེ་བ།

*chu.de.ba*
chu dey wa
A synonym for Saussurea hieracioides Hook f. (*snga.spyi.zhur*).

ཆུ་མདོག

*chu.mdog*
chu dok
Colour of the urine

ཆུ་སྡིག

*chu.sdig*
chu dik
Charybdis Japonica

ཆུ་རྡོ།

*chu.rdo*
chu do
Lit. water stone
It refers to smooth pebbles in water which are not exposed to the sun

ཆུ་སྦུར།

*chu.sbur*
chu boor
English Name: Aquatic beetle,
Scientific Name: Cybister tripunctatus oriantalis gschew
Uses: It has potency to cures diseases associated with nerves, dysuria and constipation.

## ཆུ་བོ་ཡན་ལག་བརྒྱད་ལྡན།

*chu.bo.yan.lag.brgyad.ldan*
chuwo yen lak gey den
Eight qualities of supreme water

1) *bsil.ba*-cool
2) *yang.*ba-refreshing
3) *zhim.pa*-sweet
4) *'jam.pa*-smooth
5) *dang.ba*-clear
6) *dri.nga.ba.med.pa*-free of bad odour
7) *'thung.na.mgrin.pa.la bde.ba*-soothing to throat to drink
8) *'thung.na.lto.ba.la.bde.ba*-harmless to stomach to drink

## ཆུ་བྱི།

*chu.byi*
choo ji
Arvicola terrestris

## ཆུ་མ་རྩི།

*chu.ma.rtsi*
choo ma tsi
Skt. Name: Amla parni
Botanical Name: Rheum Pumilum Maxim
Taste: Sour to astringent
Potency Smooth
Uses: It purges third stage oedema and lymph fluid.

## ཆུ་སྨད།

*chu.smad*
chu mey
Uttara shada, Nunki
It is one of the 27 constellations.

## ཆུ་རྩ།

*chu.rtsa*
choo tsa
Hindi Name: Amlavetasa
Botanical Name: Rheum spiciforme Royle
Taste: Bitter to sour
Potency: Cool
Uses: It purges epidemic diseases, and is beneficial in treating indigestion, wounds and flatulence.

## ཆུ་རྩ་སྦུ་གུ་ཅན།

*chu.rtsa.sbu.gu.can*
choo tsa boo gu chen
The tubular channels, the anterior branch of water channels

ཆུ་རྩ་ཕྲན་བུ་བཅུ་དྲུག

*chu.rtsa.phran.bu.bcu.drug*
chu tsa ten boo chu duk
The sixteen minor water channels

ཆུ་རྩི་གཡུང་བ།

*chu.rtsi.gyung.ba*
chu tsi yoong wa
Polygonum hookeri Moisn

ཆུ་ཚན།

*chu.tshan*
choo tsen
Hot spring

ཆུ་ཚན་རིགས་ལྔ།

*chu.tshan.rigs.lnga*
choo tsen rig nga
The Five kinds of hot springs

1. Coal and calcite
2. Coal and sulphur
3. Coal, calcite and sulphur
4. Coal and mineral exudate
5. Coal, calcite, sulphur and realger

ཆུ་ཚོད།

*chu.tshod*
choo tsoe
Hour
Six *dbugs* (breath) is equal to one *chu.srang* (minute), sixty *chu.srang* is equal to one *chu.tshod* (hour)

ཆུ་ཡི་འཕྲུལ་འཁོར།

*chu.yi.'phrul.'khor*
chu yi tool khor
Water Wheel Theraphy, in which a patient is placed under a waterfall or cold shower

ཆུ་རག

*chu.rag*
chu rak
Dam, dike

ཆུ་རིགས་བདུན།

*chu.rigs.bdun*
chu rik dun
The seven kinds of water
The following seven major classifications of water are arranged in terms of their quality from the superior to the inferior:

1) *char.chu*-Rain water
2) *gangs.chu*-Snow water
3) *chu.klung.chu*-Melted snow water

4) *chu.mig.chu*-Spring water
5) *khron.pa'i.chu*-Water from Well
6) *bar.tsha'i.chu*-Sea water, and
7) *shing.gi.chu*-Forest water

### ཆུ་རུག

*chu.rug*
choo rook
Cardamine macrophylla wild

### ཆུ་རུག་སྦལ་ལག

*chu.rug.sbal.lag*
choo rook bel lak
Botanical Name: Ranunculus tricuspis
Taste: Sweet
Potency: Neutral
Uses: It dries accumulation of serous fluids and is beneficial in treating hot disorders associated with tendons and ligaments, subside bone fever, relieves inflammation and reduces joint pain due to rheumatism and elephantiasis.

### ཆུ་ལོ།

*chu.lo*
chulo
Botanical Name: Himalayan rhubarb (Leaves)
Taste: Sour to astringent
Potency: Neutral
Uses: It is useful in the treatment of fever associated with wounds, constipation, indigestion, cures *Bad-kan* disorders, promotes appetite and kills harmful micro-organisms.

### ཆུ་ཤིང་།

*chu.shing*
choo shing
A synonym of *'om.bu* (Myricaria bracteata Royle).

### ཆུ་ཤེལ།

*chu.shel*
choo shel
Crystallum, crystal moon stone

### ཆུ་བསིལ།

*chu.bsil*
choo sil
Cool water from snow and glacier

### ཆུ་སེར།

*chu.ser*
choo ser
Lymph; serous fluid, Skt. lasika

A straw coloured fluid which circulates in the body to lubricate and cleanse it. The normal amount of required serum in the body is two cupped handful of an individual.

ཆུ་སེར་དཀར་པོ།

*chu.ser.dkar.po*
chu ser kar po
White serum
A disease which is caused by increased *rlung* and *bad.kan* after intermingling with increased serum.

ཆུ་སེར་གྱི་འགྲོ་ལུགས།

*chu.ser.gyi.'gro.lugs*
chu ser gi do luk
The lymphatic system

ཆུ་སེར་ནག་པོ།

*chu.ser.nag.po*
chu ser nak po
Black serum
A disease which is caused by intermingling of increased bile fluid, blood and heat within the body.

ཆུ་སེར་ནད།

*chu.ser.nad*
chu ser ney
Lymph or serous fluid disorders
A disease characterised by small, flat pimples, itching, swelling of various parts of the body, dark and rough skin, loss of hair and eyebrows.

ཆུ་སེར་གཤའ་རིངས།

*chu.ser.gsha'.rings*
chu ser sha ring
Blood letting vessels known as deep set channels of serum

ཆུ་སེར་སྨན་གསུམ།

*chu.ser.sman.gsum*
choo ser man soom
A collective name of three medicines for serous fluids
1) *spos.dkar*-Shorea robusta gaetn
2) *thal.ka.rdo.rje*-Cassia tora Linn
3) *so.ma.ra.rdza*-Abelmoschus moschatus L. medic

ཆུ་སོ།

*chu.so*

choo so

Genito-urinary tract, the urine-genital, urogenital

The opening of urinary tract where urine passes (a system comprising the urinary organ and the genetalia).

ཆུ་སྲང་།

*chu.srang*

chu sang

Minute

Six *bdugs* (breaths) is equal to one *chu.srang* (minute)

ཆུ་སྲིན།

*chu.srin*

choo sin

Capricorn

It is one of the twelve zodiac signs and is symbolized by a crocodile.

ཆུ་སྲིན་སྡེར་མོ།

*chu.srin.sder.mo*

choo sin der mo

Claws of crocodile, Gavialis gangeticus (Gmelin)

ཆུང་དུར།

*chung.dur*

chung door

Disposing the dead bodies of infants

ཆུའི་དཀྱིལ་འཁོར།

*chu'i.dkyil.'khor*

chu yi kyil khor

The mandala of the water element

ཆུའི་སྙིང་པོ།

*chu.'i.snying.po*

chu yi nying po

The essence of water

According to the Kalachakra system the essence of water element is '*WAM*'

ཆུའི་ལྡང་ཚད་ཟད་པ།

*chu.'i. ldang.tshad.zad.pa*

chy yi dang tsey zey pa

Dehydration, consumption of water required in the body

ཆུའི་དྲི།

*chu'i.dri*

chue dee

Smell of urine, urine odour

ཆུའི་མེ་ཏོག།

*chu'i.me.tog*
chu yi metok
Bubbles of urine (lit. flowers of water)

ཆུའི་རླངས།

*chu'i.rlangs*
chue lang
Urine vapour (lit. water vapour)

ཆུར་ཁུ།

*chur.khu*
choor khoo
Whey
This residue of water from cheese eliminates phlegm diseases without negatively effecting wind and bile.

ཆུར་བྱིང་བའི་སྣང་ཚུལ།

*chur.bying.ba'i.snang.tshul*
chur jing wey nang tshool
A feeling of being drawned in water (one of the death signs)

ཆོ་ག།

*cho.ga*
choga
Prescription of rites and procedures of performing religious rituals and daily activities to achieve goals

ཆོས།

*chos*
choe
1) Phenomena
2) Dharma or religion

ཆོས་སྐུ།

*chos.sku*
choe koo
The Truth Body; the foundation of all qualities
It has two kinds–the natural truth body and the wisdom truth body of Buddha

ཆོས་སྐྱོང་།

*chos.skyong*
choe kyong
The protector or defender of Dharma

ཆོས་ཀློགས་པ།

*chos.klogs.pa*
choe lokpa
Reading of holy scriptures

ཆོས་རྒྱལ།

*chos.rgyal*
chogyal
The Dharma or the religious kings

ཆོས་རྒྱལ་བདུན།

*chos.rgyal.bdun*
chogyal dun
The seven Dharma kings
1) Dawa Sangpo
2) Lhawang
3) Zeejee Chen
4) Dawey Jing
5) Lhey Wangchuk
6) Natshok Zook
7) Lhey Wangden

ཆོས་རྒྱལ་ཟླ་བ་བཟང་པོ།

*chos.rgyal.zla.ba.bzang.po*
chogyal dawa sangpo
The Dharma king Dawa sangpo
He was the one who requested for the Kalachakra Root Tantra.

ཆོས་ཉིད།

*chos.nyid*
chonyi
Intrinsic nature, empty nature

ཆོས་དབྱིངས།

*chos.bdyings*
choe ying
The sphere of reality

ཆོས་ལ་སྤྱོད་པ།

*chos.la.spyod.pa*
choe la choe pa
Practicing the Dharma

ཆོས་སྨན།

*chos.sman*
chomen
Spiritual and Dharma medicines

མཆན་འོག

*mchan.'og*
chen vok
Armpit

མཆིན་མཁྲིས་འདོམས་རྩ།

*mchin.mkhris.'dom.rtsa*
chintee dom tsa
Blood letting vessels at the confluence of the liver and gall bladder

མཆིན་མཁྲེགས།

*mchin.mkhregs*

chin tek
Liver cirrhosis (lit. hardening of the liver)

མཆིན་གཉན།

*mchin.gnyan*
chin nyen
Hepatitis
A condition characterised by inflammation of liver

མཆིན་དྲི།

*mchin.dri*
chin dee
Diaphragm
A thin curtain like flesh separating the upper and lower chest

མཆིན་དྲི་དཀར་པོ།

*mchin.dri.dkarpo*
chin di karpo
Upper white coloured section of the diaphragm

མཆིན་དྲི་ཁྲ་བོ།

*mchin.dri.khra.bo*
chin di ta wo
Intermediate two-coloured section of the diaphragm

མཆིན་དྲི་ནག་པོ།

*mchin.dri.nag.po*
chin di nakpo
Lower black coloured section of the diaphragm

མཆིན་ནད།

*mchin.nad*
chin ney
Hepatic disease, Liver disorders

མཆིན་པ།

*mchin.pa*
chinpa
Liver, the main seat of complexion cleaning bile.

མཆིན་པའི་བཅུད་ལེན།

*mchin.pa'i.bcud.len*
chinpey chue len
Hepatic tonic

མཆིན་པའི་ཆུ་རྩ་ཕྲན་བུ།

*mchin.pa'i.chu.rtsa.phran.bu*
chin pey choo tsa tenbu
Minor water channels of the liver

མཆིན་ཚད་ཐུར་བབས།

*mchin.tshad.thur.babs*
chin tsey thur bab
Discending of liver fever into the small intestine

མཆིན་པ་ཞོ་ཤ།

*mchin.pa.zho.sha*
chin pey shosha
Entada phaseoloides Linn

མཆིལ་འདོར།

*mchil.'dor*
childhor
Spitting

མཆིལ་བ།

*mchil.ba*
chil wa
Passer montanus S. Baker passerine
Syn. of *nas.zan* (Common sparrow )

མཆིལ་མ།

*mchil.ma*
cheel ma
Saliva

མཆིལ་མང་།

*mchil.mang*
cheel mang
Excessive salivation

མཆུ།

*mchu*
choo
Regulas, Magha
It is one of the 27 constellatons.

མཆུ་སྙུང་།

*mchu.snyung*
choo nyoong
Pointed beak myrobalan
Syn. *char.'dod.bye.'u*

མཆུ་ཏོ།

*mchu.to*
choo toh
Lip (a flower of the spleen organ)

མཆུ་ཟླ།

*mchu.zla*
choo da
Magh; the first month of the Tibetan Lunar Calendar

མཆུ་ཡིས་རྐོ་བའི་སྡེ།

*mchu.yis.rko.ba'i.sde*
chu yi kowey dey
A group of birds which dig for food with their beaks

མཆེ་བ།

*mche.ba*
che wa
1) Incisors (Four out of thirty two human teeth are incisors)
2) Tusk of animals like elephant

མཆེར་ནད།

*mcher.nad*
cher ney
Spleenic diseases

མཆེར་པ།

*mcher.pa*
cher pa
Spleen

མཆེར་བའི་ཆུ་རྩ་ཕྲན་བུ།

*mcher.ba'i.chu.rtsa.phran.bu*
cher wey choo tsa tren boo
Minor water channels of the spleen

མཆེར་ཟུར།

*mcher.zur*
cher zur
Edge of the spleen

མཆོད་རྟེན།

*mchod.rten*
choe ten
Stupa

མཆོད་རྫས།

*mchod.rdzas*
choe zey
Items of offering

མཆོང་།

*mchong*
chong
Latin Name: Achates
(a kind of precious stone)
Taste: Astringent
Potency: Cool
Uses: It treats epilepsy, headaches and eye disorders.

འཆང་པ་པོ།

*'chang.pa.po*
chang wa bo
Holder

འཆང་པ་པོ་བཞི།

*'chang.pa.po.bzhi*
chang wa po shi
The four holders
1) *Drang.song.nak.po*
2) *Drang.song.phur.bu*
3) *Drang.song.che.nak*
4) *Drang.song.thor.chok*

འཆར་བ།

*'char.ba*
char wa
To appear or rise

འཆི་ཁ།

*'chi.kha*
chi kha
A time of death, the point of dying

འཆི་ཆུ།

*'chi.chu*
chi choo
Urine which indicates death sign

འཆི་ལྟས།

*'chi.ltas*
chi tey
Death signs, signs of death

འཆི་ལྟས་སྣང་བ།

*'chi.ltas.snang.ba*
chi tey nang wa
Experiencing the signs of impending death

འཆི་བདག

*'chi.bdag*
chi dhak
Yama, the lord of death

འཆི་ནད།

*'chi.nad*
chee ney
A fatal disorders

འཆི་འཕོ།

*'chi.pho*
chee fo
To transmigrate death

འཆི་བ།

*'chi.ba*
chi wa
Death
An irreversable breakage of the link between the mind and the body.

## འཆི་བ་ངོས་ལེན།

*'chi.ba.ngos.len*
chi wa ngoe len
Accepting death

## འཆི་བའི་སྦྱོར།

*'chi.ba'i.sbyor*
chi wey jor
The combination of death
When the connection between the element of weekday (*gza*) and moon constellation (*zla.skar*) is Fire and Water, it is known as the combination of death.

## འཆི་བའི་བཟློག་ཐབས།

*'chi.ba'i.bzlog.thabs*
chi wey dok thab
Means of averting death

## འཆི་མེད་སྲིན་སེལ།

*'chi.med.srin.sel*
chin mey sin sel
Eliminator of undying micro-organism
Ingredients: *sman.chen, a.ru, ru.rta, bla.rtsi, shu.dag.nag.po, byi.btang.ka,*
Nature: Neutral
Uses: It is used against diseases associated with micro-organism and gastro-intestinal cramps.

## འཆི་མེད་ཨར་བརྒྱད།

*'chi.med.ar.brgyad*
chi mey ar gey
Undying Eaglewood Eight
Ingredients: *ar.nag, tang.kun, a.gar.go.snyod, ko.byi.la, a.ru.ra, ru.rta, spos.dkar, tsher.sngon, gur.gum,*
Nature: Slightly cool
Uses: It is used against upper back pain resulting from blood-*rlung* disturbances.

## འཆི་བསླུ།

*'chi.bslu*
chi loo
To ransom life of an animal, to deceive death,
It is a kind of ritual to deceive the lord of death and prolong one's life.

# ཇ།

ཇ།

*ja*
ja
Tea, (patients should avoid strong black tea on the eve of urinalysis)

ཇ་ཤིང་།

*ja.shing*
jashing
Camellia Sinensis O. Ktze

ཇི་སྙེད་པ།

*ji.snyed.pa*
ji nye pa
All conventional objects, all phenomena except emptiness

ཇི་སྙེད་པ་མཁྱེན་པའི་ཡེ་ཤེས།

*ji.snyed.pa.mkhyen.pa'i.ye.shes*
ji nye pa khen pey ye shey
Understanding of the phenomenas

ཇི་ལྟ་བ།

*ji.lta.ba*
ji tawa
An object as it is; refers to the ultimate truth

ཇི་ལྟ་བ་མཁྱེན་པའི་ཡེ་ཤེས།

*ji.lta.ba.mkhyen.pa'i.ye.shes*
ji tawa khen pey yeshe
The understanding of the ultimate truth

ཇི་ལྟར།

*ji.ltar*
ji tar
1) How (lit. like what)
2) In the manner

ཇི་སྲིད་འཚོ་བའི་བར་དུ་མི་ཤིག་པའི་ཐིག་ལེ།

*ji.srid 'tsho.ba'i.bar.du.mi.shig.pa'i.thig. le*
jisi tsowey bardhu mishik pey thik le
The drop which is indestructable for the duration of one's life

མཇིང་པ།

*mjing.pa*
jing pa
Neck

མཇིང་པའི་ཆུ་ལེབ།

*mjing.pa'i.chu.leb*
jing pey chu leb
Flat tendons of the neck

མཇེ་ནུབ།

*mje.nub*
je nub
Shrinking of the penis

འཇག་མ།

*'jag.ma*
jak ma
Reeds

འཇམ་སྐྱུག

*'jam.skyug*
jam kyuk
Mild emetic theraphy

འཇམ་པ།

*'jam.pa*
jampa
Soft, smooth

འཇམ་དཔལ་དབྱངས།

*'jam.dpal.dbyangs*
jampel'yang
Manjushri
Jampel Yang is the embodiment of all the Buddha's wisdom.

འཇམ་འབྲས།

*'jam.'bras*
jam drey
Skt. Name: Karanjua
Hindi Name: Karanja
Botanical Name: Caesalpinia Crista
Taste: Hot to astringent to bitter
Potency: Warm
Uses: It treats renal diseases.

འཇམ་འབྲས་སུལ་རིས་ཅན།

*'jam.'bras.sul.ris.can*
jam drey sul ri chen
Pongamia pinnata, Glabra

འཇམ་རྩི།

*'jam.rtsi*
jam tsee
Medicinal enema with oil; mild suppository, mild laxative

འཇའ།

*'ja'*
jaa
Rainbow

འཇའ་བྱེད་རྩ།

*'ja'.byed.rtsa*
ja jey tsa
The channels of lameness

འཇལ་བྱེད།

*'jal.byed*
jel jey
According to the Kalachakra system, the measure of outer form are: the eight minute particles equal one fine particle, eight fine particles equals one hair tip, eight hair tips equals one *ketse* seeds, eight *ketse* seeds equal one louse, eight louse equals to one barley seed, eight barley seeds equals finger's width, 24 finger widths equals one cubit, four cubits equals length of one bow, 2000 bow lengths equals one earshot, four earshots equals one league.

འཇིག་དངངས།

*'jig.dngangs*
jik ngang
Fear and anxiety

འཇིག་ལྟས།

*'jig.ltas*
jik tey
Signs of the death

འཇིག་རྟེན།

*'jig.rten*
jikten
The universe (lit. the basis of destruction)

འཇིག་རྟེན་མཁའ་སྐྱོད་པ།

*'jig.rten.mkha'.skyod.pa*
jigten kha kyoe pa
Astronaut

འཇིག་རྟེན་ཆགས་ཚུལ།

*'jig.rten.chags.tshul*
jikten chaktsul
Evolution of the Universe

འཇིག་རྟེན་འབྱུང་རིམ།

*'jig.rten.'byung.rim*
jikten joong rim
Cosmic evolution

འཇིག་རྟེན་ལས་འདས་པ།

*'jig.rten.las.'das.pa*
jikten ley dey pa
The supramundane (lit. beyond the wordly activities)

**འཇིག་མེད།**

*'jig.med*
jik me
Terminalia chebula (lit. the fearless one)

**འཇིབ་རྩི།**

*'jib.rtsi*
jib tsi
Dracocephalum H.
Uses: It subside fever of liver, oral infection and fever associated with toothache.

**འཇིབ་རྩི་དཀར་པོ།**

*'jib.rtsi.dkar.po*
jibtsi karpo
Dracocephalum H. Benth (white)

**འཇིབ་རྩི་ཆེན་པོ།**

*'jib.rtsi.chen.po*
jibtsi chenpo
Saivia pratti Hemsl.

**འཇུ་སྟོབས།**

*'ju.stobs*
joo tob
Power of digestion/digestive strength

**འཇུ་བ།**

*'ju.ba*
juwa
Digestion (to digest food)

**འཇུ་བྱེད་མཁྲིས་པ།**

*'ju.byed.mkhris.pa*
jujey tee pa
Digestive bile
*Location:* Between stomach and the large intestines (i.e., small intestine, duodenum, gall bladder, liver and pancreas)
*Function:* It is responsible for digestion, regulation of the body temperature, separating essential nutrients and wastes from ingested food and drinks, promotes bodily heat, and supports the remaining four *mkhris-pa* to carry out their normal functions.

**འཇུག**

*'jug*
jook
Enter (entering)

**འཇུག་སྒོ།**

*'jug.sgo*
jook go

Gate of entry (door of entry for the diseases)

འཇུག་སྒོ་དྲུག

*'jug.sgo.drug*
jook go drook
Six pathways of diseases
1. A disease spreads on the skin *(pags.la.gram)*
2. Developes in the muscle tissues *(sha.la.rgyas)*
3. Moves through the vessels *(rtsa.ru.rgyu)*
4. Affects the bones *(rus.la.zhen)*
5. Descends to vital organs *(don.la.babs)*
6. Falls into hollow organs *(snod.du.lhung)*

འཇོག་པོ།

*'jog.po*
jok po
A kind of Naga or *klu*
It refers to the king of naga (skt. Naga raja)

འཇོལ་མོ།

*'jol.mo*
jolmo
Finch, fringillidae or bunting (Emberiza sp.)

རྗེ་ངར།

*rje.ngar*
je ngar
A long knife-shaped bone in the arms and legs (from the wrist to arms of hands and from ankles to knees in legs)

རྗེ་ཞབས།

*rje.zhabs*
je shab
The base or stem of the brain

རྗེ་རིགས།

*rje.rigs*
jerig
Aristocrat

རྗེན་ཟས།

*rjen.zas*
jen zey
Raw food like salads, radish and onion (uncooked food)

བརྗེད།

*brjed*
jey
Amnesia or loss of memory

བརྗེད་བྱེད་ཀྱི་གདོན།

*brjed.byed.kyi.dgon*

je jey ki don

Demons of Amnesia (lit. demons that cause forgetfulness

# ཉ།

ཉ།

*nya*

nya

1) Fish
2) Tendon, sinew
3) Pisces; one of the twelve zodiac signs and is symbolised by a fish.

ཉ་གང་ཟླ་བ།

*nya.gang.zla.ba*

nya gang dawa

Full-moon day, 15th of a Tibetan Lunar month

ཉ་ལྕིབས།

*nya.lcibs*

nya chib

Skt. Name: Seep Bara

Scientific Name: Spirogyra varians 'Hossall' Kutzing

Uses: It heals burns and dries up lymph fluid.

ཉ་སྙིང་།

*nya.snying*

nya nying

Muscles of the calf (Gastrocnemius area)

ཉ་སྟོང་བརྒྱད།

*nya.stong.brgyad*
nya tong gey
A collective name for $8^{th}$ (*brgyad*), $15^{th}$ (*nya*) and $30^{th}$ (*stong*) days of a Tibetan Lunar month

ཉ་ཕྱིས།

*nya.phyis*
nya chi
Mother of pearl
Uses: It prevents loss of cerebral fluids, nervous disorder and cure poisoning.

ཉ་འོག

*nya.'og*
nya vok
Muscles of the lower calf (peroneus)

ཉན་ཐོས།

*nyan.thos*
nyen thoe
Skt. Sravaka, Hearer
Those who actually heard Buddha's teaching and propagate it to others. Their aim is to attain nirvana for themselves.

ཉན་མི་བཏུབ།

*nyan.mi.btub*
nyen mi toob
One who cannot obey instruction

ཉམ་དམད།

*nyam.dmad*
nyam mey
To reduce weight

ཉམས་པ་མ་ནིང་།

*nyams.pa.ma.ning*
nyampa maning
Eunuch or castrated hermaphrodite

ཉམས་ཐག

*nyams.thag*
nyamthak
Poor and the needy

ཉལ་པོ་སྤྱོད་པ།

*nyal.po.spyod.pa*
nyelpo choe pa
Sexual intercourse

ཉི་རྐང་།

*nyi.rkang*
nyi kang
Lit. foot of the sun

ཉི་དཀྱིལ།

*nyi.dkyil*
nyi kil
The Sun Mandala
Ingredients: *se.'bru, lca.ba, sug.smel, ra.mnye, shing.tsha, nye.shing, ba.spru, pi.pi.ling, gze.ma, gur.kum*
Nature: Very warm
Uses: A compound which is beneficial in treating indigestion, abdominal tumour, three stages of oedema, nephrosis, diarrhoea, arthritis, serous fluid diseases, micro-organism disorders, pain in kidneys, waist, urinary bladder and urethal orifice, intermittent urination in small quantity and promotes digestive heat.

ཉི་ཁྱིམ།

*nyi.khyim*
nyi khim
The Sun sign

ཉི་དགའ།

*nyi.dga'*
nyi ga
Marsh mallow; A synonym for *bod. lcam* (Malva verticillata L.)

ཉི་དག

*nyi.dag*
nyidak
The Sun's corrected position; *nyi.dag* shows the exact location where the sun enters a particular zodiac sign

ཉི་དྲོས་སྦྲུལ།

*nyi.dros.sbrul*
nyi doe dool
Snake hour (9.a.m.-10. a.m.)

ཉི་ལྡོག་འཁོར་ལོ།

*nyi.ldog.'khor.lo*
nyi dhok khorlo
The wheel of the solstice

ཉི་ནག

*nyi.nag*
nyi nak
Black day

ཉི་ནུབ།

*nyi.nub*
nyi noob
Sun set

ཉི་ནུབ་བྱ།

*nyi.nub.bya*
nyi noob ja
Bird hours, sun set (5-6 p.m.)

ཉི་མ།

*nyi.ma*
nyima
Skt. Name: Ravi
Sun

ཉི་མ་མེ་ཏོག

*nyi.ma.me.tog*
nyi ma mey tok
Sun Flower
Taste: Sweet
Potency: Warm
Uses: It restores weak bodily constituents and kidney energy, strengthen nervous system and muscle tissues, treats excessive production of sputum and mucus, giddiness resulting from *rlung* disturbance, ringing sound in the ears and subside distension and swelling during pregnancy.

ཉི་མ་ལྷོ་བྱང་བགྲོད།

*nyi.ma.lho.byang.bgrod*
nyima lhojang doe
The course of the sun to the south and to the north

ཉི་མའི་ཚོགས་འཁོར།

*nyi.ma'i.tshogs.'khor*
nyi mey tshok khor
The solar system comprising the sun around which are the nine planets revolving in their orbits

ཉི་མའི་འོད་ཟེར།

*nyi.ma'i.'od.zer*
nyimey voe zer
The rays of the sun

ཉི་སྨྱུར་སྤྲེལ།

*nyi.myur.sprel*
nyi nyoor tel
Evening, a little before dusk (3-4 p.m.) Monkey hours

ཉི་འཛིན།

*nyi.'dzin*
nyi zin

Solar eclipse

ཉི་ཟླ།

*nyi.zla*
nyi da
The sun and the moon

ཉི་ཟླ་འཛིན་པའི་རྩིས།

*nyi.zla.'dzin.pa'i.rtsis*
nyi da zinpey tsee
Calculations of the solar and lunar eclipses

ཉི་ཤར་འབྲུག

*nyi.shar.'brug*
nyishar drook
Sun rise (7-8 a.m.), Dragon hours

ཉིན།

*nyin*
nyin
Day

ཉིན་དགུང་།

*nyin.dgung*
nyin goong
Mid day (a manifesting time of bile disorders)

ཉིན་དགུང་མཚན་དགུང་།

*nyin.dgung.mtshan.dgung*
nyin goong tsen goong
Noon and mid-night
A manifesting time of bile disorders, during which the heat of bile should be counter-acted by medications.

ཉིན་འགོ

*nyin.'go*
nyin go
The beginning of the day

ཉིན་གཉིད།

*nyin.gnyid*
nyin nyee
Sleeping during the day time

ཉིན་ཐུང་སྐབས།

*nyin.thung.skabs*
nyin thung kab
Period when the day becomes short

ཉིན་ཐུང་ཤོས།

*nyin.thung.shos*
nyin thoong shoe
The shortest day
The day is shortest during Winter solstice.

ཉིན་ཕྱེད་རྟ།

*nyin.phyed. rta*
nyin chey ta
Horse hours, Noon (11-12 Mid day)

ཉིན་ཚད།

*nyin.tshad*
nyin tsey
Duration of a day

ཉིན་མཚན།

*nyin.mtshan*
nyin tsen
Day and night

ཉིན་མཚན་སྟོབས།

*nyin.mtshan.stobs*
nyin tsen tob
Power of day and night

ཉིན་མཚན་མཉམ་པ།

*nyin.mtshan.mnyam.pa*
nyin tsen nyam pa
The time of the equinox, when the day and night become equal

ཉིན་ཞག

*nyin.zhag*
nyin shak
Solar day
It is equal to one complete rotation of the sun around its axis, from dawn (*nam.lang.yos*) until to next dawn, a period of time equal to sixty major clepsydra measures of time or 24 hours cycle; 21600 breaths are taken within a solar day.

ཉིན་ཞག་གཟའ་ལྔ།

*nyin.zhag.gza'.lnga*
nyin shak za nga
The five planets of a solar day

ཉིན་ཞག་འཕྲུ་གཅིག

*nyin.zhag.'phru.gcig*
nyin shak troo chik
One solar day
It refers to a day of twenty four hours.

ཉིན་ཟླ།

*nyin.zla*
nyin da
Solar month
The solar months are determined according to the transit time of sun's entry into the twelve zodiac signs.

ཉིན་རིང་ཤོས།

*nyin.ring.shos*
nyin ring shoe
The longest day
The day is longest at Summer solstice day *(dbyar.nyi.ldog)*.

ཉིན་རིང་སྐབས།

*nyin.ring.skabs*
nyin ring kab
A. time when the days become long

ཉུང་ངུའི་རྩིས་མགོ

*nyung.ngu'i.rtsis.mgo*
nyung ngue tsee go
Initial standard year

ཉུང་མ་ནར་སོན།

*nyung.ma.nar.son*
nyoong ma narson
Hindi Name: Shal kam
English Name: Matured turnip
Botanical Name: Brassica rapadepressa
Taste: Sweet
Potency: Heavy to cool
Uses: The matured turnip, being heavy and cool, raises phlegm disorders, but it prevents and protects all kinds of poisoning.

ཉུང་མ་གཞོན་ནུ།

*nyung.ma.gzhon.nu*
nyoongma shon noo
English Name: Fresh young turnip
Botanical Name: Brassica rapadepressa
Taste: Hot to sweet
Potency: Warm
Uses: It, being light and warm, increases digestive heat but prevents all types of poisoning.

ཉུང་མའི་ས་བོན།

*nyung.ma'i.sa.bon*
nyung mey sa bon
Seeds of turnip

ཉེ་རྒྱུ།

*nye.rgyu*
nye gyoo
Near cause
It refers to the three humours which are responsible for the health and diseases.

ཉེ་བའི་ཉོན་མོངས་པ།

*nye.ba'i.nyon.mongs.pa*

nye wey nyon mong pa
Secondary afflictions

## ཉེ་ཤིང་།

*nye.shing*
nye shink
Skt. Name: Satavari
Hindi Name: Satavar
Botanical Name: Asparagus Racemosus willd
Taste: Sweet to bitter
Potency: Neutral to warm
Uses: It is used against accumulation of excessive serous fluid, debility, pain in kidney and waist, polyurea, skin eruptions, itching, bronchitis, chronic pulmonary disorders and prolongs life span and promotes vitality.

## ཉེར་ལེན་གྱི་རྒྱུ།

*nyer.len.gyi.rgyu*
nyer len ki gyoo
Substantial cause

## ཉེས་པ།

*nyes.pa*
nye pa
Afflictions, Fault or humours, Skt. dosha

## ཉེས་པ་ཀུན་སེལ།

*nyes.pa.kun.sel*
nyepa kunsel
Eliminator of all bad energy
It is also called *srid.pa .ho* in Tibetan or thangka of protection which, is displayed on various auspicious and inauspicious occasions in order to ward off evil influences and usher in prosperity. Most Tibetan people stick or hang this thangka on the entrance door.

## ཉེས་པ་འཁྲུགས་པ།

*nyes.pa.'khrugs.pa*
nye pa trook pa
Disturbance of the humours

## ཉེས་པ་དངོས་སྟོན།

*nyes.pa.dngos.ston*
nyepa ngoe ton
Examination techniques to reveal the actual humoral nature of diseases

## ཉེས་པ་གསུམ།

*nyes.pa.gsum*
nyepa soom
The three humours

It refers to the fundamental Tibetan medical concept (*rlung*, *mkhris.pa* and *bad.kan)* that describes all existence in terms of states or conditions that are different but mutually dependent; tradition Tibetan medicine aims to restore balance to these contrasting aspects of the body and mind.

ཉེས་པའི་ལས།

*nyes.pa'i.las*
nye pey ley
Functions of the humours
Humours are biological manifestations of the five elements and are responsible for all the psychological and physiological functions of the body.

ཉེས་གསུམ་གསོ་བའི་སྐབས།

*nyes.gsum.gso.ba'i.skabs*
nye soom sowey kab
A section on the treatment of diseases caused by the three humours

ཉོན་མོངས།

*nyon.mongs*
nyon mong
Skt. Klesa, Delusion, affliction
A state of mind that causes turmoil and disturbs the mental peace, happiness and physical health

ཉོན་མོངས་པའི་སྒྲིབ་པ།

*nyon.mongs.pa'i.sgrib.pa*
nyong mong pey dipa
Delusive obscuration which prevents one from liberation from the cyclic existence

ཉོན་མོངས་པའི་ཡིད།

*nyon.mongs.pa'i.yid*
nyon mong pey yee
Worldly ego-producing consciousness
It is one of the eight consciousnesses.

ཉོན་མོངས་གསུམ།

*nyong.mongs.gsum*
nyon mong soom
The three delusions:

1) Delusions arising from other delusions
2) Delusions arising from karma
3) Delusions arising from birth

### གཉན།

*gnyan*
nyen
1) A wild sheep (Ovis ammon Hodgsoni Blyth)
2) Plague causing demons

### གཉན་གླང་།

*gnyan.glang*
nyen lang
Infectious abdominal spasms (of the stomach and small intestine)

### གཉན་ཐུབ་པ།

*gnyan.thub.pa*
nyen thub pa
Sedum bulbiferum Mkino
Uses: It cures skin diseases and wart.

### གཉན་འདུལ་བ།

*gnyan.'dul.ba*
nyen dool wa
Botanical Name:
Phyllophyton complanatum (Dunn) Kudo
Taste: Hot to bitter
Uses: It cures pain due to infection, angina, disorders of micro-organism and fever.

### གཉན་ནད།

*gnyan.nad*
nyen ney
Severe disease; viral and bacterial diseases
This disease occurs due to conflict between an outer harmful micro-organism so called *Par pa ta* and the internal micro-organism, resulting in the imbalance of humours.

### གཉན་པའི་གནད།

*gnyan.pa'i.gnad*
nyen pey ney
Vital parts or vital organs

### གཉན་རིམས།

*gnyan.rims*
nyen rim
Microbial and contagious diseases

### གཉན་རིམས་བཅོ་བརྒྱད།

*gnyan.rims.bco.brgyad*
nyen rim cho gey
Eighteen vulnerable and infectious diseases

### གཉའ་ཤ།

*gnya'.sha*

nya sha
Muscles of the shoulders
Lit. yoke or cervical part of the trapezium

གཉིད་ཆག་པ།

*gnyid.chag.pa*
nyi chakpa
Insufficient sleep

གཉིད་ཐུག་སྐབས་ཀྱི་ཐིག་ལེ།

*gnyid.thug.skabs.kyi.thig.le*
nyi thug kab ki thigle
A drop arising from deep sleep (also known as mind drop " *sems.thug.gi.thig.le*")

གཉིད་ཡེར།

*gnyid.yer*
nyee yer
Insomnia

གཉིད་ལོག

*gnyid.log*
nyi lok
Cartoid
A vulnerable blood vessels of the cartoid artery, which causes loss of consciousness when pressed.

གཉིད་སྲབ།

*gnyid.srab*
nyi sab
Light sleep

གཉེ་མ།

*gnye.ma*
nye ma
Rectum, Sigmoid colon

གཉེན་པོ་ཕན་གནོད་མེད་པ།

*gnyen.po.phan.gnod.med.pa*
nyenpo phen noe mey pa
Placebo treatment – a kind of treatment which is neither beneficial nor harmful. It is generally followed in clinical research.

གཉེན་པོའི་ནུས་པ།

*gnyen.po'i.nus.pa*
nyen poe noo pa
Antidotal power

གཉེན་མེད་བྱེས་སུ་འཁྱམས་པ་།

*gnyen.med.byes.su.'khyams.pa*
nyemey jey soo khyampa
One who wanders abroad without friends

མཉམ་པ།

*mnyam.pa*
nyam pa
Equal

མཉམ་གཉིས།

*myam.gnyis*
nyam nyee
The two equinox
1) Spring equinox (*dpyid.mnyam*)
2) Autumn equinox (*ston.mnyam*)

རྙིང་།

*rnying*
nying
Chronic; lit. old

རྙིང་ཚད།

*rnying.tshad*
nying tshey
Chronic fever

རྙོགས་ཚད།

*rnyogs.tshad*
nyok tshey
Complicated fever; turbid fever

སྙ་ལོའི་རྩ་བ།

*snya.lo'i.rtsa.ba*
nya loe tsa wa
Aconogonum sp. (Root of Aconogonum sp. )
Uses: It subside fever of the vessel organs and dysentry due to hot elements.

སྙི་བ།

*snyi.ba*
nyi wa
Botanical Name: Codonopsis Vinciflora
Taste: Sweet
Potency: Neutral
Uses: It is used against infectious common cold, pharyngitis, hot disorders of the thoratic region and nerves, chronic fever, anorexia, fever of the lungs and improves the sense perception of the nose.

སྙིང་།

*snying*
nying
Heart; the seat of pervasive wind and the determining bile

སྙིང་ག་ཆོས་ཀྱི་འཁོར་ལོ།

*snying.ga.chos.kyi. 'khorlo*
nying ga choe kee khorlo
The wheel of phenomena at the heart
This chakra is located at the heart and is commonly known as the "the wheel of Dharma". It is white in colour and triangular in shape with three knots formed by the two parallel side channels. It has eight branch channels.

སྙིང་གའི་འཁོར་ལོ།

*snying.ga'i. 'khor.lo*
nying gey khor lo
Heart wheel or chest wheel (Dharma wheel)

སྙིང་གི་ཆུ་རྩ་ཕྲན་བུ།

*sying.gi.chu.rtsa.phran.bu*
nying gi choo tsa tren boo
Minor water channels of the heart

སྙིང་ཆུ།

*snying.chu*
nying choo
Pericardic effusion

སྙིང་རྗེ།

*snying.rje*
nying jey
Compassion – a thought that all sentient beings acquire happiness
It is one of the four boundless practices of a Tibetan doctor.

སྙིང་སྟོབས་ལྡན་པ།

*snying.stobs.ldan.pa*
nying tob denpa
Courage; laden with strength

སྙིང་སྟོབས་ཞན་པ།

*snying.stobs.zhan.pa*
nying tob shen pa
Feeble stamina, lack of courage

སྙིང་འདར།

*snying.'dar*
nying dar
Palpitation of the heart

སྙིང་ནད།

*snying.nad*
nying ney
Cardiac disorders or heart disease

སྙིང་སྣ།

*snying.sna*
nying na
Various hearts (good for heart elements)

སྙིང་ཞོ་ཤ།

*snying.zho.sha*
nying shosha
Skt. Name: Lapshi
English Name: Hog Plum
Botanical Name:
Choerospoldia axillaris
Taste: Sweet to sour
Potency: Neutral
Uses: It is used against carditis.

སྙིང་གཟེར།

*snying.gzer*
nying zer
Angina
A condition characterised by severe pain radiating from heart

སྙིང་རླུང་སྟོད་ལ་འཚངས་བ།

*snying.rlung.stod.la.'tshangs.ba*
nying loong toe la tshang wa
Crowding of heart *rlung* in the upper chest

སྙིང་གསང་།

*snying.gsang*
nying sang
A moxibustion point at seventh vertebra which is associated . with heart; performing of moxibustion at this point cures violent heartbeat, shivering of the body, mental instability and loss of consciousness

སྙིང་སྲིན།

*snying.srin*
nying srin
One of the seven cardiac diseases, which is caused by micro-organisms and has symptoms of violent heartbeat accompanied by severe pain

སྙིམ་པ།

*snyim.pa*
nyim pa
Cupped handfuls
It is a kind of ancient measurement in Tibet.

སྙེ་ནག

*snye.nag*
nye nak

A synonym of *sa.rzi.ka* (ustilago nuda (Jens) rostr )

ཉོམ།

*snyom*
nyom
Lassitude (lethargic, laziness)

སྙོམས་འཇུག

*snyom.'jug*
nyom jook
Skt. Samapatti; meditative absorption or a single pointed concentration

སྙོམས་པ།

*snyoms.pa*
nyom pa
Harmony or balance (equilibrium)

བརྙེད་པ།

*brnyed.pa*
nye pa
Quotient, syn. *thobnor*

# ཏ།

ཏ་ལ་ཚེར་མ་ཅན།

*ta.la.tsher.ma.can*
tala tsher ma chen
A thorny palm tree
Dreaming of a palymra tree growing from one's heart is one of the signs that one has come under the influence of the Lord of Death.

ཏང་ཀུན་དཀར་པོ།

*tang.kun.dkar.po*
tang koon karpo
Botanical Name: Umbelliferae
Taste: Hot
Potency: Cool
Uses: It is used against hot disorders of the heart, fever due to poisoning, *rlung* disorders, and combined disorder of *rlung* and *bad.kan.*

ཏང་ཀུན་ནག་པོ།

*tang.kun.nag.po*
tang koon nakpo

Botanical Name:
Sinolimprichtia alqina wolff, Peucedanum sp. (black)
Uses: See *tang.kun.dkar.po*

ཏད་ཀལ།

*tat.kal*
tey kal
Ascendant

ཏི་ཏི།

*ti.ti*
ti tih
Pseudopodoces humilis (Hume)
It is claimed that its blood and flesh cures hoarseness of voice.

ཏི་མུ་ས།

*ti.mu.sa*
tee moo sa
Botanical Name: Delphinium Caeruleum Jacq.ex.camb
Taste: Bitter
Uses: It controls severe dysentery, heals sores and prevents lice.

ཏི་ཚ།

*ti.tsha*
tee tsha
Latin Name: Zincum (spaleritum)
Taste: Sweet
Potency: Neutral
Uses: It is used against wounds, accumulation of serous fluid, blurred vision and conjunctivitis. It also eliminates toxins from the body and neutralises mercury's harmful affects.

ཏི་ཚ་སྔོན་པོ།

*ti.tsha.sngon.po*
tee tsha ngon po
Smith sonitum

ཏི་ཚ་དམར་པོ།

*ti.tsha.dmar.po*
tee tsha marpo
Zincitum

ཏི་ཚ་སེར་པོ།

*ti.tsha.ser.po*
tee tsha serpo
Spaleritum (Sphaletitum)

ཏི་ཚའི་ཐལ་བ།

*ti.tsha'i.thal.ba*
tee tshey thel wa
Ash of Spaleritum

Uses: It treats blurred vision, conjunctivitis, wounds and accumulation of lymph.

ཏི་ལོ།

*ti.lo*

tee lo

Mustela eversmanni Lessen

An animal which mainly survives on milk and meat.

ཏིག་ཏ།

*tig.ta*

tik tah

Hindi Name: Chirata

Botanical Name: Swertia Chirata

Taste: Bitter

Potency: Cool

Uses: It alleviates all types of fever associated with *mkhrispa.*

ཏིག་ཏ་བརྒྱད་པ།

*tig.ta.brgyad.pa*

tik ta gey pa

Swertia Chirata Eight

Ingredients: *tig.ta, gser.me, bong.dkar, ru.rta, rtsa.mkhris, hong.len, par.pa.ta, skyer.shun, ka.ra*

Nature: Cool

Uses: It cures *mkhris-pa* with headache, inflammation, fever, nausea, bitter taste in mouth, yellow colouration and lethargy, and promotes appetite and liver efficiency.

ཏིག་ཏའི་ཐང་།

*tig. ta'i. thang*

tig tey thang

Decoction prepared from Swertia chirata

ཏིང་ངེ་འཛིན།

*ting.nge.'dzin*

ting nge zeen

Deep meditation

A condition in which the concentration is singularly pointed on an object of meditation

ཏིལ།

*til*

teel

Skt. Name: Tila

Hindi Name: Til

English Name: Sesame

Botanical Name: Sesamum indicum

Family: Pedaliaceae

Taste: Sweet

Potency: Warm
Uses: It treats *rLung* disorders, debility, uterine fibroid, dermatological diseases, hair loss and restores body strength.

ཏིལ་དཀར།

*til.dkar*
teel kar
Hindi Name: Safeth Til
Botanical Name: Sesamum Indicum
Taste: Sweet
Potency: Hot
Uses: Similar use as above.

ཏིལ་ནག

*til.nag*
teel nak
Hindi Name: Kala Til
Botanical Name: Sesamum indicum
Uses: It corrects wind imbalance, promotes digestive heat, enhances memory; restores bodily strength, relieves constipation, increases the semen, smoothens the skin and prevents greying of hair.

ཏིལ་སྣུམ།

*til.snum*
teel noom
Skt. Name: Tila
Hindi Name: Til
English Name: Sesame oil

ཏིལ་འབྲུ།

*til.'bru*
teel doo
English Name: Sesame seed
Botanical Name: Sesamum indicum
Taste: Sweet
Potency: Warm
Uses: It enhances vitality and cures *rlung* diseases.

ཏིལ་འབྲུ་དཀར་ནག

*til.'bru.dkar.nag*
teel doo kar nak
White and black sesame seeds

ཏིལ་མར།

*til.mar*
teel mar
Sesame oil
Taste: Sweet
Potency: Warm
Uses: It is generally recommended for skinny people to gain weight and on

the other hand to lose the weight of fat people. It strengthens the body and cures *rlung* and *badkan* diseases.

# གཏར་ཁ།

*gtar.kha*

tar kha

Blood letting; venesection

It is mainly used against disorders of bile and fever.

# གཏར་ཁའི་གསང་།

*gtar.kha'i.gsang*

tar khey sang

Blood letting points

There are seventy seven major blood letting points which are clearly mentioned in the *rGyud.bZhi* (The Four Tantras)

# གཏི་མུག

*gti.mug*

ti mook

Ignorance

A severe misconception or a negative mental state which blocks the knowledge of reality; it is the root cause of physical illness and mental delusions

# གཏུམ་མོ།

*gtum.mo*

toom mo

1) Fire of psychic heat
2) Angry woman

# གཏེར།

*gter*

ter

Mine, ore deposit, treasure

# གཏེར་སྟོན།

*gter.ston*

ter ton

Revealer of hidden treasure

# གཏེར་སྣུམ།

*gter.snum*

ter noom

Mineral oil

# གཏེར་སྦས་པ།

*gter.sbas.pa*

ter bey pa

To hide treasure

# གཏོར་མ་བརྒྱག་པ།

*gtor.ma.brgyag.pa*

tor ma gyak pa

To cast out *torma* offerings

/

གཏོར་མ།

*gtor.ma*

tor ma

Ritual cake (or sacramental cake)

གཏོར་གཅོད།

*gtor.gcod*

tor choe

Antidotes, remedial measures

བཏང་སྙོམས།

*btang.snyoms*

tang nyom

Equanimity

An equal feeling to all the patients to be freed from attachment, suffering etc.). It is one of the four boundless practices of a Tibetan physician.

རྟ།

*rta*

ta

Horse; one of the twelve animal signs in Tibetan astrology

རྟ་དཀར་པོའི་རྨིག་པ།

*rta.dkar.po'i.rmig.pa*

ta kar poe mik pa

Hooves of a white horse (Equus Caballus)

རྟ་མགྲིན།

*rta.mgrin*

tam drin

Hayagriva

A protector of the medicinal elixir ( Lit. horse's neck)

རྟ་རྒོད་དཀྱུས་སུ་འཛུད་པ།

*rta.rgod.dkyus.su.'dzud.pa*

ta goe kyoo soo zue pa

To make an untamed horse run (wild horse)

རྟ་རྟེའུ།

*rta.rte'u*

ta te voo

A mare with a foal (Equus Caballus Orientalis Maack)

རྟ་མཐུར།

*rta.mthur*

ta thoor

Blood letting point (a branch of the saphenous veins called 'Horse's Halter').

### རྟ་ལྤགས།

*rta.lpags*
ta pak
Botanical Name:
Lamiophlomis rotate (Benth) kudo (Lit. Horse's skin)
Uses: It sustains trabecular bones (*lha.ba*) and draws out lymph accumulation.

### རྟ་ལྤགས་དཀར་པོ།

*rta.lpags.dkar.po*
tapak karpo
Botanical Name: Oreosolen watti
Taste: Sweet to Bitter
Potency: Neutral
Uses: It strengthens bones, dries up excess lymph and cures *rlung* disorders and diseases caused by pathogens.

### རྟ་ལྤགས་ནག་པོ།

*rta.lpags.nag.po*
ta pak nakpo
Botanical Name: Phlomis rotata
Taste: Sweet to astringent
Potency: Neutral
Uses: It sustains trabecular bones, heals fractured bones, draws out lymph accumulation and treats diseases caused by pathogens.

### རྟ་བོན་པ།

*rta.bon.pa*
ta bonpa
Horse fetlock, horse's ankle bone (Equus Caballus)
Uses: It cures anterior transposition of the calf muscle.

### རྟ་རྨིག

*rta.rmig*
ta mik
1) Botanical Name: Viola biflora Linn
Uses: It heals wounds, cures headache, joins fractured bones and closes the openings of the channels.
2) Horse's hoof
Uses: It cures tumours and subdues nagas

### རྟ་རྨིག་ཆེ་བ།

*rta.rmig.che.ba*
ta mik chewa
Hindi Name: Kushrya
Botanical Name: Caltha Scaposa
Uses: It constricts the openings of the channels.

རྟ་བཞི་དམར་པོ།

*rta.bzi.dmar.po*
ta zee marpo
Pony Fuddled Red pill
Ingredients: *'dzin.pa, rgya.tshos, btsod, stag.sha, tsher.sngon, gla.rtsi, gul.nag, hong.len, spang.rtsi, a.ru, gya'.kyi.ma, bong.dkar, dug.nyung, ru.rta, ma.nu, mtshal.btul.ma*
Nature: Cool
Uses: It treats combination of contagious and febrile diseases, inflammation of lungs and influenza, yellow fever, diptheria, inflammation of muscular tissues, painful swelling and is an anti-pyretic.

རྟ་ཟླ་བ།

*rta.zla.ba*
ta dawa
Horse month; 3rd month of the Tibetan Elemental Astrology

རྟག་ངུ།

*rtag.ngu*
tak ngoo
Botanical Name: Drosera *Peltata*
Taste: Sweet to bitter
Potency: Neutral
Uses: It is used against anemia, weak perception of the sensory organs, restores physical vigour and maintains the balance of three principal energies.

རྟག་ལོངས།

*rtag.longs*
tak long
Constant motion

རྟས་བརྡབ་པ།

*rtas.brdab.pa*
tey dab pa
Being thrown by a horse

རྟིང་ཆུ།

*rting.chu*
ting choo
Achilles tendons

རྟའི་འོ་མ།

*rta'i.'o.ma*
tey vo maa
Mare milk ( Equus asinus)
Uses: It heals malfunctioning of the lungs but may cause mental confusion and dullness. It is also used against wind disorders.

རྟུག་སྐམ་པ།

*rtug.skam.pa*
took kampa
Constipation
A condition characterized by discomfort and difficulty in passing stools.

རྟུག་དྲི།

*rtug.dri*
took dree
Flatulence

རྟེན།

*rten*
ten
Sex (i.e. male, female and neutral)

རྟེན་དྲུང་སྤྱོད་པ།

*rten.drung.spyod.pa*
ten droong choe pa
Sexual intercourse infront of sacred images

རྟེན་འབྱུང་།

*rten.'byung*
ten joong
Dependent origin
Anything that arises depend upon causes and conditions

རྟེན་འབྲེལ།

*rten.'brel*
ten drel
Links of dependent, dependent phenomena
Any thing that exists in dependence upon other things.

རྟེན་འབྲེལ་བཅུ་གཉིས།

*rten.'brel.bcu.gnyis*
ten drel choo nyee
The twelve links of dependent origination
1) *ma.rig.pa* – Ignorance
2) *'du.byed.kyi.las* – Connecting karma
3) *rnam.shes* – Consciousness
4) *ming.gzugs* – name and form
5) *skye.mched* – Sources of perception
6) *reg.pa* – Contact
7) *tshor.ba* – Feeling
8) *sred.pa* – Craving or desire
9) *len.pa* – Grasping or indulgence
10) *srid.pa* – Existence or procreation
11) *skye.ba* – Birth
12) *rga.shi* – Aging and death

རྟོགས།

*rtogs*
tok
Comprehension, intrinsic awareness, to understand, (*rig.pa*)

རྟོལ།

*rtol*
tol
Ox or hybrid bull, dzomo (Bos Taurus q)
Uses: Its meat cures wind disorders.

ལྟ་ན་སྡུག

*lta.na.sdug*
ta na dook
Sudarsana, the citadel of Bhaisajyaguru. (lit. "Beauty to behold")

ལྟ་སྤྱོད།

*lta.spyod*
ta choe
Theory and practice, view and behaviour

ལྟ་བ་ཕྱིན་ཅི་ལོག

*lta.ba.phyin.ci.log*
ta wa chin chee lok
Erroneous views (wrong views)

ལྟ་རེག་མི་རུང་བའི་ལོ་རྟགས།

*lta.reg.mi.rung.ba'i.lo.rtags*
ta rek mee roong wey lo tak
The animal signs (those who bear certain animal signs) which are not allowed to touch and attend the funeral of the dead (what signs are barred is astrologically calculated)

ལྟག་པ།

*ltag.pa*
tak pa
Occipital

ལྟག་པའི་སྤུ་གཞོབ།

*ltag.p'i.spu.gzhob*
tak pey poo shob
Burnt hair from the nape of the neck

ལྟག་རྩ།

*ltag.rtsa*
tak tsa
Vein leading to the back of the neck (blood letting occipital vessels)

## ལྟག་རལ།

*ltag.ral*
tak rel
A vein at the back of the head; Blood- letting from this vein cures severe headache, tooth ache, and ear infections.

## ལྟག་རུས་འབུར་པོ།

*ltag.rus.'bur.po*
tak rue boor po
Prominent occipital bone

## ལྟར་ལྟར་པོ།

*ltar.ltar.po*
tar tar po
1) an elongated shape
2) three weeks old foetus

## ལྟར་སྣང་འཕྲལ་ནད།

*ltar.snang.'phral.nad*
taar nang tel ney
Superficial disorders, ostensible diseases, (there are 101 types of this disorder)
One can correct these disorders without resorting to medication and accessory therapy by simply following proper diet and behavioural patterns.

## ལྟས་ངན།

*ltas.ngan*
tey ngen
bad signs, inauspicious omens

## ལྟེ་བ།

*lte.ba*
tey wa
Umbilicus; The formation of the umbilical cord takes place in the fifth week.

## ལྟེ་བ་གཅོད་པ།

*lte.ba.bcod.pa*
tey wa choe pa
Cutting the umbilical cord; well experienced mid-wife is needed during the delivery of a child to cut the umbilical cord

## ལྟེ་བའི་འཁོར་ལོ།

*lte.ba'i.'khor.lo*
tey wey khorlo
The navel wheel or charka
This chakra is located at the navel and is known as navel wheel. Its center is round and has total of sixty four branch channels. It corresponds to the physical level of the solar plexus, which is called 'second

brain' because it represents a well-developed structure of the nervous system. This ten-petalled lotus is associated with the fire element.

ལྟེ་བ་སྤྲུལ་བའི་འཁོར་ལོ།

*lte.ba.sprul.ba'i.khor.lo*
tey wa tool wey khorlo
The Wheel of Emanation

ལྟོ་སྐྱ་བ།

*lto.skya.ba*
to kya wa
Poor nutrition

ལྟེ་ཁུང་།

*lte.khung*
tey khoong
Navel cavity or navel hole

ལྟོ་ཆག་པ།

*lto.chag.pa*
To chak pa
Fasting, lack of food in time

ལྟོ་བ།

*lto.ba*
to wa
Bowel

ལྟོ་བ་སྦོས་པ།

*lto.ba.sbos.pa*
to wa boe pa
Distension of the abdomen

སྟག

*stag*
tak
Tiger; one of the twelve animal signs in Tibetan Elemental Astrology

སྟག་མ།

*stag.ma*
tak maa
Botanical Name:
Rhododendron przewalskii Maxim.

སྟག་མའི་མེ་ཏོག

*stag.ma'i.me.tog*
tak mey me tok
Botanical Name:
Rhododenron przewalskii Maxim (flower)
Uses: It dries pus and accumulation serous fluids in the chest.

སྟག་ཚེར།

*stag.tsher*

tak tsher
Botanical Name: Solanum xanthocarpum, Robus idaeus

སྟག་གཟིག་མེ་ཏོག

*stag.gzig.me.tog*
tak zik metok
Botanical Name: Lilium lancifolium
Taste: Sweet to Bitter
Potency: Cool
Uses: It is used against chronic pulmonary diseases, excessive blood-stained sputum and fever.

སྟག་ཟླ་བ།

*stag.zla.ba*
tak dawa
Tiger month, 11[th] month and beginning to the year according to Tibetan Elemental Astrology

སྟག་ཟིལ་ག་བུར།

*stag.zil.ga.bur*
tak seel ga boor
Botanical Name: Nagi camphora

སྟག་ཤ།

*stag.sha*
tak sha
Lit. tiger flesh
Botanical Name: Oxytropis reniformis P.C.Li
Taste: Bitter
Uses: It heals wounds, infectious disorders (*gnyan.nad*) and poisoning.

སྟག་ཤ་དཀར་པོ།

*stag.sha.dkar.po*
tak sha karpo
Botanical Name: Oxytropis micro phylla PALL
Taste: Bitter
Potency: Cool and is highly poisonous
Uses: It is used to treat infectious fever, inflammation, swelling, leprosy, serous fluid disorders, haemorrhage, fractured bones, wounds, poisoning and dysentery.

སྟག་ཤ་ནག་པོ།

*stag.sha.nag.po*
tak sha nakpo
Oxytropis sp (Black); (same medicinal value as above)

སྟབ་སེང་།

*stab.seng*

tab seng
Botanical Name: Encommia Ulmoides
Taste: Bitter to astringent
Potency: Cool
Uses: It heals fractured bones, subsides bone fever, beneficial to the disorders of eyes and alleviates thirst.

## སྟང་ཟིལ།

*stang.zil*
tang zil
Botanical Name: Lithayrum
Taste: Astringent
Potency: Cool
Uses: It is recommended for head injuries, haemorrhage and vomiting.

## སྟན་སྲབ་ཚོག་འདུག་པ།

*stan.srab.tsog.'dug.pa*
ten sab tsok dook pa
Squatting on a thin mat

## སྟབ་སེང་།

*stab.seng*
tab seng
Encommia Ulmoides
It joins fractured bones and controls osteitis

## སྟར་ག།

*star.ga*
tar ga
Skt. Name: Aksoda, akshota
English Name: Walnut
Botanical Name: Juglans regia L.
Taste: Sweet to Astringent
Potency: Neutral to Oily
Uses: It cures wind disorders, contraction of limbs, constipation, swelling of the limbs and restores bodily constituents.

## སྟར་བུ།

*star.bu (gnam.star)*
taar boo
Hindi Name: Dhurhuk
English Name: Seabuck Thorn
Botanical Name: Hippophae Rhamnoides
Taste: Sour
Potency: Neutral, sharp and light
Uses: It draws out sputum, controls blood clots, excess phlegm accumulations, subside fever, brown phlegm, pulmonary diseases, bronchitis, colic and blood cysts.

**སྟར་བུ་བཅུ་དགུ།**

*star.bu.bcu.dgu*
tar boo choogoo
Sea Buck Thorn Nineteen
Ingredients: *chu.rtsa, star.bu, ze.tsha.btul.ma, sga.skya, lcum.rtsa, ru.rta, tsa.la.btul.ma, byang.bul, gla.ba'i.mjug.rus, gyer.ma, ma.gi.ta, rgun.'brum, mda'.rgyus.'am.'o.mo.se, rgya.tsha, rgyam.tsha, mtshal.btul.ma, 'phang.dkar.'bras.bu, ma.nu, a.ru,*
Nature: Warm
Uses: A compound which cures indigestion, abdominal distension, blood tumour, belching, loss of appetite, irregular flow of menstruation and fibrosis of uterus.

**སྟར་བུ་བར་སྟར།**

*star.bu.bar.star*
tar boo bar tar
Botanical Name: Hippophae neurocarpa

**སྟར་བུ་ས་སྟར།**

*star.bu.sa.star*
tar boo sa tar
Botanical Name: Hippophae thibetiane schleche

**སྟོང་།**

*stong*
tong
1) Empty
2) Thousand

**སྟོང་སྐྱུགས།**

*stong.skyugs*
tong kyook
Empty emesis (nauseous sensation)

**སྟོང་ཉིད།**

*stong.nyid*
tong nyee
Emptiness (liberation from the illusion of self-grasping or self identity and the actualization of non-self, non-identity)

**སྟོང་ཚད།**

*stong.tshad*
tong tshey
Empty fever (void fever)

**སྟོང་ཟིལ།**

*stong.zil*
tong zeel
Botanical Name: Corydalis thyrisflora

Taste: Bitter
Potency: Cool
Uses: It is recommended against cold disorders, infections, cholecystitis and hidden fever.

## སྟོད་དཀར།

*stod.dkar*
toe kar
Hindi Name: Katha
Botanical Name: Acacia catchu (Concentrated decoction)

## སྟོད་གཟེར།

*stod.gzer*
toe zer
Severe pain in the upper body

## སྟོན་ཀ།

*ston.ka*
ton ka
Autumn season (a manifesting time of bile and pacification time of wind)

## སྟོན་མཉམ།

*ston.mnyam*
ton nyam
Autumn equinox
It is the day when the day and night becomes equal and appears in 8th Lunar month.

## སྟོན་དུས།

*ston.dus*
ton dhue
Autumn season (during which the bile accumulated during the summer season begins to rise)

## སྟོན་པ།

*ston.pa*
ton pa
Teacher or founder ( often refers to Buddha)

## སྟོན་ཚད།

*ston.tshad*
ton tshey
Autumn heat

## སྟོན་ཟླ་གསུམ།

*ston.zla.gsum*
ton da soom
The three autumn months 5th, 6th and 7th months according to the elemental Tibetan Astrology *('byung.rtsis)*

སྟོབས།

*stobs*

tob

Strength or force
(refers to the sun and moon)

སྟོབས་སྐྱེད།

*stobs.skyed*

tob key

Tonic (lit. strength giving)

སྟོབས་སྐྱེད་སྨན།

*stobs.skyed.sman*

tob key men

Medicinal tonic, Vitamin tonic

སྟོབས་ཅུད།

*stobs.cud*

tob chue

Regenerative fluid

སྟོབས་ཉམས་པ།

*stobs.nyams.pa*

tob nyam pa

General debility

སྟོབས་ལྡན་སྦྱོར།

*stabs.ldan.sbyor*

top den jor

The combination of power When the connection between the element of the weekdays (*gza*) and constellation (*zla.skar*) is Fire – Air, it is known as the combination of power.

བརྟ་བྱ།

*brta.bya*

taa jaa

To gain weight or strength

བརྟག་སྒོ།

*brtag.sgo*

tak go

The door of diagnosis of examination

བརྟག་ཐབས་མི་ཤེས་།

*brtag.thabs.mi.shes*

tak thab mee shey

Ignorant of diagnostic methods

བརྟག་པ།

*brtag.pa*

tak pa

Examination or diagnosis

བརྟག་པ་རྩ་ཆུའི་མདོ།

*brtag.pa.rtsa.chu'i.mdo*

tak pa tsa choe do
Two unique means of diagnosis in Tibetan Medicine
*1. rtsa* – diagnosis through pulse (sphygmology) and
*2. chu* – urine analysis (urology)
The great scholar *sTag – tsang Lotsawa*, venerated by many including the fifth Dalai Lama for his intelligent work, said that the diagnosis of pulse and urine didn't come from India but was founded by Tibetan doctors who led Buddhicitta way of life.

བརྟག་གཞི།

*brtag.gzhi*
tak shee
The basis of diagnoses or examination

བརྟག་ཡུལ།

*brtag.yul*
tak yool
Location or a subject of examination

བརྟག་ཚུལ།

*brtag.tshul*
tak tshool
The methods or means of diagnosis

བརྟན་པོའི་དྲེག་པ།

*brtan.po'i.dreg.pa*
ten poe dek pa
A synonym of *rdo.dreg* (Parmela tinctorum Despr)
It is a kind of lichen and acts as an antidote and antipyretic.

བརྟན་དུ་མི་ཞིག་པའི་ཐིག་ལེ།

*brtan.du.mi.zhig.pa'i.thig.le*
ten doo mee shig pey thig ley
The indestructible drop

བརྟན་པ།

*brtan.pa*
ten pa
Stable, firm

བལྟ་བ།

*blta.ba*
tawa
Inspection (observation through tongue, urine etc.)

བལྟ་གནས་བཙལ་བ།

*blta.gnas.btsal.ba*
ta ney tsel wa

Locating the examination spot

བསྟན་འགྲོ།

*bstan.'gro*
tendo
A collective name for the Dharma and living beings

བསྟན་པ།

*bstan.pa*
tenpa
1) The Dharma
2) To show

བསྟན་པ་སྔ་དར།

*bstan.pa.snga.dar*
ten pa nga dhar
The spread of early Buddhism into Tibet

བསྟན་པ་ཕྱི་དར།

*bstan.pa.phyi.dar*
ten pa chee dhar
The later stage of spreading of Buddhism in Tibet

བསྟན་པ་བཤིག་པ།

*bstan.pa.bshig.pa*
ten pa shik pa
Destruction of the Dharma

བསྟན་པའི་གནས་ཚད།

*bstan.p'i.gnas.tshad*
ten pey ney tshey
Duration of the spreading of the Dharma

བསྟན་རྩིས།

*bstan.rtsis*
ten tsee
Chronology

བསྟེན་པ།

*bsten.pa*
tenpa
Reliance on, depend upon

ཏྲེམ་དཀར།

*trem.dkar*
trem kar
An extremely cold natured rheumatism

ཏྲེམ་ནག

*trem.nag*
tem nak
A kind of rheumatism with high imbalance in blood, bile accompanied by fever (Tib. *khrag.mkhris.tsha.ba.che.ba)*

# ཐ།

ཐ་སྐར།

*tha.skar*

tha kar

1) Aswini, Arietic; one of the 27 constellations
2) Asvini, the celestial physician who was present during Buddha's teaching on medicine

ཐ་ཆུང་བཞི།

*tha.chung.bzhi*

tha choong shee

The last four animals (*tha.chung*) i.e. Ox, Sheep, Dog and Dragon

ཐ་སྤྲིན།

*tha.sprin*

tha tin

Botanical Name: Pedicularis rhinanthoides

Taste: Sweet to astringent

Potency: Cool

Uses: It treats oedema, chronic and new wounds and stomach problems.

ཐ་རམ།

*tha.ram*

tha ram

Botanical Name: Plantago depressa willd

Taset: Sweet to astringent

Potency: Cool

Uses: It controls fever, excess sputum and cough, stops diarrhoea, heals wounds and dries serous fluids.

ཐང་།

*thang*

thang

Docoction

ཐང་ཆུ།

*thang.chu*

thang choo

Resin of tree

ཐང་ཆེན་ཉེར་ལྔ་།

*thang.chen.nyer.lnga*

thangchen nyer nga

Great Decoction Twenty Five

Ingredients: *a.ru, ba.ru, skyu.ru, ma.nu, gur.gum, gser.me, se.'bru, bse.yab, phag.khrag, re.ral, 'u.su, rgya.tig, ru.rta, sug.smel, hong.len, kyi.lce.dkar.po, bong.dkar,*

*par.pa.ta, lug.mig, gang.chung, ba.sha.ka, ut.pel, 'om.bu, pring.ku, brag.shun, sha.skam*
Nature: Neutral
Uses: A name of a compound that treats brown phlegm, chronic fever, compound poisoning, promotes appetite and balances body temperature.

## ཐང་ཕྲོམ་དཀར་པོ།

*thang.phrom.dkar.po*
thang tom karpo
English Name: Thornapple
Botanical Name: Przewalskia tangutica Maxim
Taste: Sweet to bitter
Uses: It is used against infectious tissue degeneration, sores, swelling and as an aphrodisiac. It is also used against disorders caused by micro-organisms.

## ཐང་ཕྲོམ་ནག་པོ།

*thang.phrom.nag.po*
thang tom nak po
Botanical Name: Scopolia stramonifolia (WALL) SHRESTA
Taste: Bitter to sweet
Potency: Cool
Uses: It is an anthelnintic and cures infectious tissue degeneration, sores, swelling and used as an aphrodisiac. It relieves pain caused by pathogens in the gastroenteric region, toothache and inflammation.

## ཐང་ཕྲོམ་ལང་ཐང་རྩེ།

*thang.phrom.lang.thang.rtse*
thang tom lang thang tse
Skt. Name: Yavani, khurasani
Botanical Name:
Hyoscyamus niger Linn
Taste: Bitter to sweet
Potency: Warm, sharp and poisonous
Uses: It is used to relieve pain due to pathogenic diseases, toothache, pharyngitis and treats malignant ulcers.

## ཐང་མ་སྒྲོན་ཤིང་།

*thang.ma.sgron.shing*
thang ma don shing
English Name: Pine tree
Botanical Name: Pinus Tabulaeformis.
Uses: It relieves swelling due to wind and anemia and treats oedema, mental stress

and accumulation of lymph in the joints.

ཐང་སྨན།

*thang.sman*

thang men

Medicinal shrubs, a category of medicinal plants like Rheum officinale Baili (*lcum*)

ཐང་ལ་འབར།

*thang.la.'bar*

thang la barr

Skt. Dhanvantari – a saint who was present during Buddha's teaching on medicine. lit. blazing ground

ཐང་ཤིང་།

*thang.shing*

thang shing

Skt. Devadaru, Surahva (Pine tree or Cedrus deodva)

ཐབས་ཤེས།

*thabs.shes*

thab shey

1) Means, method, way
2) Method and wisdom

ཐར་ནུ།

*thar.nu*

thar noo

Hindi Name: Tredhara sehund/Dudhi

English Name: Chinese spurge

Botanical Name: Euphorbia wallichii Hook.f.

Taste: Hot

Potency: Warm, coarse and higly poisonous

Uses: It is purgative and is beneficial in treating fluid retention, sudden swelling, fungal infection of the skin and rashes. Its calcinated ash is anti-emetic.

ཐལ་ཀ་རྡོ་རྗེ།

*thal.ka.rdo.rje*

thel ka dorje

Skt. Name: Chakunda, Chakramarda

Botanical Name: Cassia tora Linn

Taste: Bitter

Potency: Neutral

Uses: It is an effective treatment against dermatological diseases, arthritis, debility, diseases of the serous fluid, rashes,

diseases caused by pathogen, improves physical strength and prevents epilepsy.

ཐལ་ཀ་རྡོ་རྗེ་མཆོག

*thal.ka.rdo.rje.mchog*
thal ka dorje chok
Senna (Cassia tora)
It is a superior species.

ཐལ་ཀ་རྡོ་རྗེ་དམན་པ།

*thal.ka.rdo.rje.dman.pa*
thal ka dorje menpa
Pipthantus
It is an inferior species.

ཐལ་ཏྲེས།

*thal.tres*
thel tey
Indian sarsaparilla
(Heindesmus indicus)
A flower of pedicularis Oliveriana prain *(lug.ru.smug.po)* is also known as "*thal.tres*"

ཐལ་བ།

*thal.ba*
thel wa
Dust, ash

ཐལ་སྨན།

*thal.sman*
thel men
Medicinal ash or ash medicine

ཐལ་ཚ།

*thal.tsha*
thel tsha
Salt derived from (wood) ashes

ཐི་བ།

*thi.ba*
thee wa
Plover (Wild pigeon)

ཐིག་ལེ།

*thig.le*
thik ley
Drops, the seminal or reproductive fluid
(*khams.dkar.po*)

ཐིག་ལེ་ཆེན་པོ།

*thig.le.chen.po*
thik ley chenpo
Supreme seminal point (located in the middle of the heart)

ཐིག་ལེའི་མིང་།

*thig.le'i.ming*
thik ley ming
Lit. a name of zero (*klad.sgor*).

ཐིམ་པ།

*thim.pa*
thim pa
Absorb, dissolve or disappear

ཐུགས།

*thugs*
thook
Mind

ཐུགས་སྤྲུལ།

*thugs.sprul*
thuk tool
Emanation of Buddha mind

ཐུར་གྲིབ།

*thur.grib*
thoor deeb
Shadow stick

ཐུར་དཔྱད།

*thur.dpyad*
thoor chey
The spoon surgery of mild surgical methods

ཐུར་སེལ་རླུང་།

*thur.sel.rlung*
thoor sel loong
The Downward-clearing Wind
*Location:* Genital area
Element: Earth
*Actions:* It is responsible for urination, defecation, movement of sperm and menstruation and activities related with child conception.

ཐུར་སེལ་ལོག་པ།

*thur.sel.log.pa*
thoor sel lokpa
Reversal of the downward clearing wind

ཐེ་བྲེང་གནོད།

*the.breng.gnod*
they deng noe
Harms from hail-causing demons

ཐེ་སེ།

*the.se*
the sey
A king of spirit (*sa.bdag*)

ཐེག་པ།

*theg.pa*
thek pa
1) Vehicle
2) To bear or to carry load

ཐོ་རེངས་སྐར་ཆེན།

*tho.reng.skar.chen*
tho reng kar chen
The morning star; Refers to Venus as it appears early morning in the eastern sky.

ཐོ་རེངས་སྟག

*tho.rengs.stag*
tho reng tak
Tiger hours, break of dawn (3-4 a.m)
It is the manifesting time of wind disorders.

ཐོག་ལྕགས།

*thog.lcags*
thok chak
Meteorite
Metal that falls from the sky when the lightning strikes.

ཐོག་རུས།

*thog.rus*
thok rue
Bones (of human beings killed) by thunder bolts

ཐོང་ལྕགས།

*thong.lcags*
thong chak
Plough (i.e. Cast) iron

ཐོད་པའི་རུས་པ།

*thod.pa'i.rus.pa*
thoe pey rooe pa
Skull bone

ཐོར་ནད།

*thor.nad*
thor ney
A collective name for miscellaneous diseases which are not included in the major categories of diseases

ཐོས་པའི་སྟོབས༑

*thos.pa'i.stobs*
thoe pey tob
Power of hearing

ཐོས་བསམ་སྒོམ་གསུམ།

*thos.bsam.sgom.gsum*
thoe sam gom soom
Three modes of practices
*1) thos* – to hear

2) *bsam* – to think
3) *sgom* – to meditate

མཐིང་།

*mthing*
thing
Azurite, blue colour

མཐིང་རྒྱུས།

*mthing.rgyus*
thing gyue
Latin Name: Blue (Indian) Asbestos
Uses: It heals disorders of ligaments and tendons.

མཐིལ་བཞི།

*mthil.bzhi*
thil shi
Four bottoms (i.e. palms of hands and soles of feet)

མཐོ།

*mtho*
tho
This is a measure of length used in former times in Tibet. One *mtho* refers to the distance measured from the tip of thumb to the tip of the outstretched index finger

མཐོང་གོམས་མེད་པ།

*mthong.goms.med.pa*
thong gom mey pa
Lacking observation of a master's skill (lacking experience)

མཐོང་རྩ།

*mthong.rtsa*
thong tsa
A vulnerable blood vessel at the oesophagus

མཐོང་ལམ།

*mthong.lam*
thong lam
Path of seeing
One of the five paths to enlightenment, where the practitioner experiences the reality for the first time

འཐག་པ།

*'thag.pa*
thak pa
To grind; to mill; powdering of medicinal ingredients

འཐིབ་འོག་ཚུད་པ།

*'thib.'og.tshud.pa*
thib ok tsue pa

Being buried (by an avalanche or shrouded in darkness)

འཐུམ་རྒྱབ་པ།

*'thum.rgyab.pa*
thoom gyab pa
Wrap (to wrap amulets or precious pills in cloth)

# ད།

དར་གོད།

*da.rgod*
da goe
Botanical Name: Arisaema flavum
Taste: Hot
Potency: Warm and poisonous
Uses: It is used to treat diseases caused by pathogens and relieves swellngs, malignant ulcers and prevents the outgrowth of bone cells after bone setting (*rus.mdzer*).

ད་ཏྲིག

*da.trig*
da tik
Hindi Name: Salab dana
Skt. Name: Sumach
Botanical Name: Rhus Javanica Linn, Rhus semialata
Taste: Sour to sweet
Uses: It treats diarrhoea of both hot and cold natures, persistent vomiting and acute asthma.

## ད་ཏྲིག་ཉེར་ལྔ།

*da.trig.nyer.lnga*
da teek nyer nga
Schisandra Twenty Five
Ingredients: *da.trig, smag, ka.bed, dug.nyung, gser.me, brag.zhun, bong.dkar, mon.cha.ra, bya.rkang, brag.spos, spang.rtsi, a.wa, dom.mkhris, gur.gum, gla.rtsi, snya.lo, ba.le.ka, ga.dur, tha.ram, btsod, a.ru, ba.ru, skyu.ru, sle.tres, kan.ta.ka.ri, ma.nu*
Nature: Cool
Uses: A name of a compound that cures dysentery, infectious intestinal pain, intestinal fever and severe cases of diarrhea (gastro enteritis).

## ད་བ།

*da.ba*
da wa
Botanical Name: Arisaema flavum
Taste: Hot
Potency: Warm
Uses: Its root is used to treat disorders caused by micro-organism as well as to extract bone excrescences and superfluous growth of flesh.

## ད་བྱིད།

*da.byid*
da jee
Hindi Name: Rag mal
English Name: Male white snow frog
Latin Name:
Batrachuporus pinchonii David
Uses: It belongs to frog family and its flesh cures cold disorders of the waist and kidneys.

## ད་ལིས་ནག་པོ།

*da.lis.nag.po*
dha lee nakpo
Botanical Name:
Rhododendron sp.
Taste: Hot
Potency: Warm
Uses: It is used to treat all kinds of cold disorders. Bath prepared from its leaves is useful in treating diptheria and sudden swelling.

## ད་ལིས་བཅུ་དྲུག

*da.lis.bcu.drug*
daa lee choodook
Rhododendron Sixteen
Ingredients: *se.'bru, dza.ti, shing.tsha, sug.smel, pi.ling, li.shi,*

*cu.gang, gur.gum, sha.pho.ru.rta, ar.gar.rig.nyis, snying.zho, rgun.'brum, shing.mngar, ga.dur, da.li, sdig.srin*
Nature: Neutral
Uses: A name of a compound which cures swelling of the body, oedema, abdominal cramps, indigestion, dizziness due to change in climate and location, distension of stomach, hoarseness of voice, cough and reduces body's weight by draining excess body fluids.

## ད་ལིས་བཅོ་བརྒྱད།

*da.lis.bco.brgyad*
daalee cho gey
Rhododendron Eighteen
Ingredients: *zhu.mkhan, da.lis, kyi.lce.dkar.po, shing.mngar, cu.gang, gur.gum, li.shi, dza.ti, sug.smel, ka.ko.la, tsan.dkar, tsan.dmar, a.ru, ba.ru, skyu.ru, btsod, tshos, ka.ra*
Nature: Neutral
Uses: A compound which cures nervous disorders, paralysis of the limbs, vasodilator and numbness.

## དྷ་དུ་ར།

*dha.du.ra*
da dura
Skt. Name: Dhatura
Hindi Name: Dhatura
English Name: Thorn apple
Family: Solanaceae
Botanical Name: Datura stramonium Linn
Taste: Bitter and hot to slightly sweet
Potency: Coarse and cool to sharp and is poisonous
Uses: See.
*thang.phrom.lang.thang.rtse*

## ད་ལོ།

*da.lo*
dha lo
Current year or running year

## དག་ཞིང་།

*dag.zhing*
dhak shing
Pure realms; the realm of the Buddhas

## དང་ག་འགགས་པ།

*dang.ga.'gags.pa*
dhang ga gak pa
Lack of appetite

དང་ག་མི་བདེ་བ།

*dang.ga.mi.bde.ba*
dhang ga mee dey wa
Anorexia (loss of appetite)

དངས་མ།

*dangs.ma*
dhang ma
Plasma
It is the fundamental substance of the body. It contains essential nutrients from digested food and this liquid circulates throughout the body and nourishes all the tissues, organs and system. Although plasma is present throughout the body, it resides mainly in the heart, blood vessels, lymph system, skin and soft body tissues.
It is one of the seven bodily constituents.

དད་པ།

*dad.pa*
dhey pa
Faith, belief

དན་ཁྲ།

*dan.khra*
dhen ta
Hindi Name: Erandah
Botanical Name: Ricinus communis Linn
Taste: Hot to bitter
Potency: Warm
Uses: It is used an an anetic and purgative against complex *Bad-kan* disorders like indigestion and stomach disorders.

དན་རོག

*dan.rog*
dhen rok
Hindi Name: Jamalgota
Botanical Name: Croton tiglium Linn
Taste: Hot to bitter to sweet
Potency: Warm
Uses: It treats indigestion, chronic constipation and expels disorders of three humours through emisis and purgation.

དམ་ཚིག

*dam.tshig*
dham tseek
A vow, pledge, commitment
It specifically refers to the sacred vows of the Dharma practitioners to perform

positive actions of body, speech and mind.

དམ་པའི་ཆོས།

*dam.p'i.chos*
dham pey choe
The Dharma

དམ་སྲི།

*dam.sri*
dham see
Commitment-violating demons

དར་གུད་བཅུ་གཉིས།

*dar.gud.bcu.gnyis*
dhar gue choo nyee
The twelve rises and falls, the twelve progresses and declines

1) *dbugs.len* – first breath
2) *mngel.gnas* – abide in the womb
3) *lus.rdzogs* – completion of the body
4) *brtsas.pa* – birth
5) *'khrus.byed* – take bath
6) *gos.gyon* – wear clothes
7) *las.byed* – working
8) *dar.ba* – progress
9) *gud.ba* – decline
10) *na.ba* – sickness
11) *shi.ba* – death
12) *dur.zhugs* – cremation

དར་གྱི་དཔྱངས་ཐག་བཅུ་གསུམ།

*dar.gyi.dpyangs.thag.bcu.gsum*
dhar gee chang thak choo soom
The thirteen hidden tendons which resembles hanging tassels or flags

*1)snying.dang.rgyu.mar.'brel.b'i.rlung.gi.rtsa.bzhi*
– The four wind channels connected to the heart and small intestine

*2) blo.long.mchin.mkhal.lgang.la.'brel.b'i.mkhris,p'i.rtsa.bzhi*
– The four bile channels connected with the lungs, large intestine, liver and bile

*3) pho.mcher.mkhal.lgang.la.'brel.b'i.bad.kan.gyi.rtsa.bzhi*
– The four phlegm channels connected to stomach, spleen, kidney and urinary bladder

*4) bsam.se'u.la.'brel.b'i.dus.p'i.rtsa.bcig*
– One confluence channel of the three humours connected to the seminal vesicle.

དར་བ།

*dar.ba*

dhar wa
1) Rise, progress
2) Whey, butter milk

དར་བ་རས་པ།

*dar.ba.ras.pa*
dhar wa rey pa
Spoiled butter milk, spoiled whey

དར་མ།

*dar.ma*
dhar maa
Adult (middle age i.e. 16 -70 according to ancient text of Tibetan Medicine)

དར་ཡ་ཀན།

*dar.ya.kan*
dhar ya ken
Lit. means nector
It refers to various medicine with boundless qualities. There are twenty five nectors explained in the Tibetan medical texts. For example, Lepidium apetalum Willd (*khrag.khrog.pa*) is one kind.

དར་ཤིང་།

*dar.shing*
dhar shinG
Botanical Name: Morus Alba Linn
Uses: It controls fever of bones and cures gynaecological diseases.

དལ་རྐང་།

*dal.rkang*
dhel kang
Lit. Slow movement of the feet

དལ་བ།

*dal.ba*
dhel wa
Slow, gradual

དུ་བ་རྔུབས་པའི་སྦུབས་ཅན།

*du.ba.rngubs.pa'i.sbubs.can*
dhoo wa ngup pey boob chen
Inhaling organs of mouth and nasal cavities in preparing fumigation

དུ་བ་མཇུག་རིང་།

*du.ba.mjug.ring*
doo wa joog ring
Comets

དུག

*dug*

dhook

Poisons

དུག་ལྔ།

*dug.lnga*

dhook nga

Five poisons

1) *'dod.chags* – greed
2) *zhe.sdang* – hatred
3) *gti.mug* – ignorance
4) *nga.rgyal* – pride and
5) *phrag.dog* – jealousy

དུག་ཐབས།

*dug.thabs*

dhook thab

A disease which, though not caused by poisoning, still shows signs of poisoning like unease in the stomach and kidney, indigestion, skin turning black colour etc.

དུག་མོ་ཉུང་།

*dug.mo.nyung*

dhook mo nyoong

Skt. Name: Inder joa

Hindi Name: Kalinga/Kutaja

Botanical Name: Holarrhena antidysenterica Wall

Taste: Bitter

Potency: Neutral

Uses: It cures bile disorders, cholecystitis, controls feverish diarrhoea and used against hot disorders of the gall bladder.

དུག་ཚད།

*dug.tshad*

dhook tshey

Fever associated with poison

A disease resulted from combination of poison and heat.

དུག་གཟེར།

*dug.gzer*

dhook.zer

Botanical Name: Pedicularis sp.

Taste: Sweet to astringent

Potency: Warm

Uses: It is beneficial for oedema, short breath, malnutrition, inflammation associated with the bones and limbs, pain associated with wounds and serous fluids and defeciet of urine and stool.

དུགས།

*dugs*

dhook

Compresses or fomentation
A therapy in which a patient receives hot compress on the stomach with heated salt wrapped in cloth etc. in case of hot fomentation and a cold compress by cold water

དུང་དཀར།

*dung.skar*
dhoong kar
English Name: White conch shell
Scientific Name: Rapana bezoar
Taste: Hot
Uses: It breaks tumours, dry pu and lymphatic fluids, treats bone fever and is beneficial to the eyes.

དུང་གི་ཐོར་ཅོག

*dung.gi.thor.cog*
dhoong gee thor chok
One of the earliest Tibetan physicians He was born to the Indian physician *Bi.byi.dga'.byed* and Lhacham yidkyi Rolcha in the 3rd century. Later he became eminent personal physician to king *lha.tha.thori.snyen.btsan* and *khri.snyan.gzung.brtsan*. It is believed that great Yuthok Yonten Gompo was a descendent of *dung.gi.thor.cog.*

དུང་འབུད།

*dung.'bud*
dhoong bue
Blowing a conch shell

དུད་པ་བྱ་བལ་མ།

*dud.pa.bya.bal.ma*
dhue pa ja bel ma
Algae; it dries pus from the burns

དུར།

*dur*
dhoor
Cemetery

དུར་ཁྲོད་ཆེན་པོ་བརྒྱད།

*dur.khrod.chen.po.brgyad*
dhoor doe chen po gey
The eight great cemeteries/ eight great sky burial grounds

1) *mi.mgo.'i.dbu.rgyan*-he is crowned with human skulls
2) *mi.mgo.'i.do.shal*-he wears a rosary of human heads carved in crystal
3) *glang.chen.gyi.pags.pa'i.stod.*

*gyog*-he wears an elephant skin as an upper garment

4) *zhing.lpags.kyi.gyang.gzhi*-he uses the skin of a human being who has committed heinous non-virtues as his skin
5) *zhag.gi sor.ris*-his forehead bears three greased lines horizontally and vertically
6) *stag.lpags.kyi.sham.thabs*-he wears a tiger skin as his lower garment
7) *khrag.gi.thig.le*-he uses blood for the tilaka between his eyes
8) *thal.chen.gyi.tshom.bu*-his body is covered with ashes

དུར་ལྕགས་བཙའ་མ།

*dur.clags.btsa'.ma*
dhoor chak tsa ma
Rusted iron from a tomb

དུར་ཐོད།

*dur.thod*
dhoor thoe
Human skull from a charnal ground

དུར་བྱིད།

*dur.byid*
dhoor jee
Hindi Name: Hirruseeah
English Name: Castor oil plant
Botanical Name: Euphorbia helioscopa
Uses: It is anti-emetic and purge all hot and cold disorders.

དུར་མིག

*dur.mig*
dhoor meek
Lit. the eye of the cemetery

དུར་ཝ།

*dur.wa*
dhoor wa
Skt. Dhurva; cynodon dactylon (Pennisetum Flaccidum Griseb)

དུས།

*dus*
dhue
Time or seasons

དུས་སྐབས།

*dus.skabs*
dhue kab
Time or moment

དུས་ཀྱི་འཁོར་ལོ།
*dus.kyi.'khor.lo*
dhue kee khorlo
The Wheel of Time or Kalachakra

དུས་འཁོར་ལུགས་།
*dus.'khor.lugs*
dhoo khor look
Kalachakra system

དུས་འཁོར་བསྡུས་རྒྱུད།
*dus.'khor.bsdus.rgyud*
dhue khor due gyooe
The concise tantra of Kalachakra system

དུས་འཁོར་དབང་།
*dus.'khor.dbang*
dhoo khor wang
The Kalachakra initiation

དུས་འཁོར་རྩ་རྒྱུད།
*dus.'khor.rtsa.rgyud*
dhue khor tsa gyue
The root tantra of Kalachakra system

དུས་འཁོར་ཚུལ།
*dus.'khor.tshul*
dhue khor tshool
The way of changing time

དུས་འཁོར་ལྷ།
*dus.'khor.lha*
dhue khor lha
The deity of the Wheel of Time; Kalachakra deity

དུས་ཁྱིམ།
*dus.khyim*
dhue kheem
The zodiac house of the day

དུས་ཆེན།
*dus.chen*
dhue chen
Festival; lit. great time

དུས་ཆེན་བཞི།
*dus.chen.bzhi*
dhue chen shi
The four great festivals; the four holy occasions in Buddha's life
1) *dang.po'i.yar.ngo.la.cho.'phrul. dus.chen*
-the period when Buddha performed miracles from the 1st through 15th of the first Tibetan month
2) *bzhi.pa'i.cho.lngar.mngon.par.*

*rdzogs.par.sangs.rgyas.pa'i.dus.chen* -the day when Buddha attained full enlightenment on the 15th of the fourth Tibetan month

3) *drug.pa'i.bzhi.la.chos.'khor. bskor.ba'i.dus.chen*

-the day which Buddha turned the wheel of doctrine on the 4th of the sixth Tibetan month

4) *dgu.ba'i.nyer.gnyis.la.lha.babs. dus.chen*-the day which Buddha descend from Tusita heaven on the 22nd of the ninth Tibetan month

## དུས་དྲུག

*dus.drug*

dhue dook

The six seasons according to Tibetan medical systems are:

1) *dgun.stod* – upper winter (Tib. 10th and 11th lunar month)
2) *dgun.smad* – lower winter (Tib. 12th and 1st lunar month)
3) *dpyid.ka* – spring (Tib. 2nd and 3rd lunar month)
4) *sros.ka* – dry summer (Tib 4th and 5th lunar month)
5) *dbyar.kha* – wet summer (Tib. 6th and 7th lunar month)
6) *ston.ka* – autumn (Tib 8th and 9th lunar month)

## དུས་སྤྱོད།

*dus.spyod*

dhoo choe

Seasonal behaviour, seasonal conduct

## དུས་རྩ།

*dus.rtsa*

Dhoo tsa

Seasonal pulse

## དུས་ཚོད་བཅུ་གཉིས།

*dus.tshod.bcu.gnyis*

dhoo tshoe choo nyes

The twelve divisions of the time

1) 5-6 Hrs. *Nam.lang.yos* (Hare) – Day break
2) 7-8 Hrs. *Nyi.shar.'brug* (Dragon) – Sun rise
3) 9-10 Hrs. *Nyi.dros.sbrul* (Snake) – Morning
4) 11-12 Hrs. *Nyin.phyed.rta* (Horse) – Noon
5) 13-14 Hrs. *Phyed.yol.lug* (Sheep ) – Afternoon
6) 15-16 Hrs. *Nyi.myur.sprel* (Monkey) – Evening
7) 17-18 Hrs. *Nyi.nub.bya* (Bird) – Sun set

8) 19-20 Hrs. *Sa.sros.khyi* (Dog) – Dusk
9) 21-22 Hrs. *Sros.khor.phag* (Pig) – Fore night
10) 23-24 Hrs. *Nam.phyed.byi* (Mouse) – Mid night
11) 1-2 Hrs. *Nam.yol.glang* (Ox) – After night
12) 3-4 Hrs. *Tho.rengs.stag* (Tiger) – Dawn

དུས་ཚོད་བཅུ་གཉིས་ཀྱི་སྒྲ་བཤད།

*dus.tshod.bcu.gnyis.kyi.sgra.bshad*
dhoo tshoe choo nyee kee da shey
The etymology of the twelve division of the time

དུས་བཞི།

*dus.bzhi*
dhue.shee
The four seasons; according to the Tibetan Medicine the four seasons are

1) Spring – first, second and third months of Tibetan lunar calendar
2) Summer – fourth , fifth and sixth months of Tibetan lunar calendar
3) Autumn – seventh, eighth and ninth months of Tibetan lunar calendar
4) Winter – tenth, eleventh and twelfth months of Tibetan lunar calendar

དུས་བཞི་ལྷ་མོ།

*dus.bzhi.lha.mo*
dhue shee lhamo
The goddesses presiding over the four seasons

དུས་རབས།

*dus.rabs*
dhue rab
Times, epoch, era

དུས་གཤེས།

*dus.gshes*
dhue shey
Astrologer

དུས་སང་།

*dus.sang*
dhue sang
Next year

དུས་གསུམ་མངོན་མཁྱེན།

*dus.gsum.mngon.mkhyen*
dhue soom ngon khyen
Knower of the three times i.e. past, present and future

## དུས་བསྲིང་།

*dus.bsring*

dhue sing

1) To take one's time (Slow manner of diagnosing)
2) Continue

## དེ་ཝ་ཕོ།

*de.wa.pho*

dhey waa pho

Corydalis melanochlora Maxim

## དེ་ཝ་མོ།

*de.wa.mo*

dhey waa mo

Corydalis bulbifera C.Y.Wu

It has potency to subside fever of the lungs and infectious fever.

## དེ་བཞིན་ཉིད།

*de.bzhin.nyid*

de shin nyee

Tathata, transcendent reality

## དེ་བཞིན་གཤེགས་པ།

*de.bzhin.gshegs.pa*

dhey shin shek pa

Tathagata, transcendent one; Medicinal Buddha

## ཌོ་ལུམ་མ།

*do.lum.ma*

dho loom ma

Hindi Name: Beken

English Name: Egg plant, brinjal

Taste: Sweet

Potency: Cool

Uses: It is used to treat blood fever, wounds and bleeding from intestines, cracks on breast, skin problems, itching, urine retention and high blood pressure.

## ཌོང་ག

*dong.ga*

dhong gaa

Skt. Name: Amal Tastalia

Hindi Name: Amalltas/ Girimala

Botanical Name: Cassia Fistula Linn

Taste: Sweet to slightly hot

Potency: Cool

Uses: It is useful in the treatment of liver diseases, poisoning, swelling of the extremities and purges accumulated faeces.

## ཌོང་གྲ།

*dong.gra*

dhong da
Skt. Name: Jarpan
Botanical Name: Alpinia officinarum Hance
Uses: It cures liver diseases and bile disorders in children.

དོན་གྲུབ།

*don.grub*
dhondup
1) Amoghasiddhi (in the north)
2) To accomplish a goal

དོན་དམ་བདེན་པ།

*don.dam.bden.pa*
dhon dham den pa
Skt. Paramartha – satya; The ultimate truth

དོམ།

*dom*
dhom
English Name: Himalayan black bear Scientific Name: Selenarchtos thibetanus G cuvier

དོམ་མཁྲིས།

*dom.mkhris*
dhom tee
English Name: Bear bile
Latin Name: Ursus thibetanus G cuvier
Uses: It constricts the mouth of the channels, stops necrosis and enhances growth of new muscle tissues. It also facilitates the rapid growth of damage nerve tissues and alleviates *mkhris-pa* disorders and eye ailments.

དོམ་ནག་ཟིལ་བ།

*dom.nag.zil.ba*
dhom nak zil wa
Corydalis Sp.

དྲག་སྐྱུགས།

*drag.skyugs*
dak kyoog
Strong emesis

དྲག་གཟའ།

*drag.gza'*
dak zaa
Wrathful planets/ Superior planets
The planets whose orbits lie outside that of the Earth are termed as superior planets. The planets Mars, Jupiter, Saturn etc. are superior planets.

དྲག་ལས།

*drag.las*
dak ley
Arduous activity, strenuous activity, wrathful activity

དྲང་སྲོང་།

*drang.srong*
dang.song
Rishi or sage, saint (he who engages in the true activities of the mind, body and speech)

དྲང་སྲོང་གི་འཁོར།

*drang.srong.gi.'khor*
dang song gee khor
Retinue of the saints

དྲང་སྲོང་ཆེན་པོ།

*drang.srong.chen.po*
dang song chenpo
The great saint or sage

དྲན་པ།

*dran.pa*
denpa
Mindfulness, alertness, clear memory
An aspect of the mind which prevents forgetfulness.

དྲན་པ་ཉམས་པ།

*dran.pa.nyams.pa*
den pa nyam pa
Amnesia
A condition characterised by loss of memory

དྲན་པ་ཉེ་བར་བཞག་པ།

*dran.pa.nye.bar.bzhag.pa*
den pa nye par shag pa
Mindfulness

དྲན་པའི་སྟོབས།

*dran.pa'i.stobs*
den pey tob
Power of mindfulness / memory

དྲན་པ་ཐོར་བ།

*dran.pa.thor.ba*
den pa thor wa
Fainting
A condition characterised by temporary loss of consciousness

དྲན་པ་མི་གསལ།

*dran.pa.mi.gsal*
den pa mee sel
Loss of memory

དྲི།

*dri*
dee
Smell

དྲི་ཆུ།

*dri.chu*
dee choo
Urine (lit.fragrant water)
Urine analysis is one of the diagnosis in Tibetan medicine.

དྲི་ཆུ་བསྡམ་པ།

*dri.chu.bsdam.pa*
dee choo dam pa
Urine retention

དྲི་བ།

*dri.ba*
dee wa
Interrogation
Interrogation enables the physician to make a good judgement of the disease and in getting a clear picture of the patient. The diagnosis of the disease is also based on the patient's response to the doctor's questions. Three main aspects of interrogation are the causative factors, site of the illness, and signs and symptoms.

དྲི་བའི་སྡོང་པོ།

*dri.ba'i.sdong.po*
dee wey dong po
Inquiry stem
Inquiry concerning the activating causes, symptoms and beneficial regiments for diseases caused by wind, bile, phlegm.

དྲི་མ།

*dri.ma*
dee ma
Smell; The collective name of three excretion i.e. Stool, urine, and sweat; lit. impurities
Skt. Gandhi (the offering goddess of smell)

དྲི་མ་འགགས་པ།

*dri.ma.'gags.pa*
dee ma gag pa
Constipation
It is a condition manifested with discomfort and difficulty in passing stools.

## དྲི་མེད་འོད།

*dri.med.'od*
dee mey voe
Vimalaprabha (Clear light)
It is a famed Commentary on the Kalachakra tantra.

## དྲི་མེད་ཤེལ་གོང་ཤེལ་ཕྲེང་།

*dri.med.shel.gong.shel.phreng*
dee med shee gong shee teng
The comprehensive work on the principle of Tibetan Materia Medica by *lde.dmar.dge.bshes.* Tenzin Phuntsok in 18th century. It vividly describes the details of over 2294 different medicinal substances under 13 categories.

## དྲི་ཞིམ།

*dri.zhim*
dee shim
Sweet aroma, fragrant, sweet smell

## དྲི་ཟ།

*dri.za*
dee za

1) Skt. Gandharva (i.e. celestial musicians thriving on fragrant smell)
2) Smell eater, type of evil spirits which survives on smell

## དྲི་བཟང་བྱུགས་པ།

*dri.bzang.byugs.pa*
dee zang joog pa
Application of fragrant

## དྲུག་འདུས།

*drug.'dus*
dook due
Confluences of the six (Carpal blood letting vessels)

## དྲུང་གསུམ།

*drung.gsum*
doong soom
Three closest relatives

1) Uncle (*Akhu*)
2) Aunty (*Ane*)
3) Uncle (*Azhang*)

## དྲེག་ནད།

*dreg.nad*
dek ney
Gout, Skt. Vata-rakta
A disease characterised by strong pain in the lumbar region, the thighs, knee joint and burning sensation at four

bottoms ( hand and foot sole).

དྲེག་ནད་ཀྱི་རྒྱུ་རྐྱེན།

*dreg.nad.kyi.rgyu.rkyen*
dek ney kee gyoo ken
Primary and secondary causes of gout

དྲེད།

*dred*
dey
Tibetan bear or yellow bear (Ursus artos, Lagonyarius)

དྲེའུ།

*dre.'u*
de voo
Young mule

དྲེལ།

*drel*
del
Mule (Equus asinus mulus)

དྲེས་མ། (ཕོ་དྲེས)

*dres ma (pho dres)*
de ma fo dey
Botanical Name: Iris kemaonensis
Taste: Sweet to hot to bitter
Potency: Neutral and slightly coarse
Uses: It is beneficial against disorders caused by micro-organism, disorders due to serous fluid and wounds.

དྲོད་ཚད།

*drod tshad*
doe tshey
Temperature

གདན།

*gdan*
den
Seat

གདུ་བ་གཤེད་དུ་བབས་པ།

*gdu.ba.gshed.du.babs.pa*
doo wa shey doo bab pa
Counteraction of treatment

གདུགས་འཁོར།

*gdugs.'khor*
doog khor
The wheel of umbrella

གདེངས་ཐོབ།

*gdengs.thob*
deng thob

Gain confidence or win confidence

གདོང་རྩ།

*gdong.rtsa*
dhong tsa
Blood letting vessels of the shins

གདོང་རས།

*gdong.ras*
dhong rey
A cloth to cover the face of a dead body

གདོད་མའི་ཡེ་ཤེས།

*gdod.ma'i.ye.shes*
doe mey ye shey
Primordial awareness

གདོན་གྱི་བླ་ཚེ་ཕྲོགས་པ།

*gdon.gyi.bla.tshe.phrogs.pa*
dhon gee la tshe tok pa
Evil spirits which destroy life force and vital energy of the body

གདོན་གྱི་ལེའུ།

*gdon.gyi.le'u*
dhon gee le voo
The chapter on evil spirits

A branch dealing with the diseases caused by evil spirits as mentioned in 77-81 chapters of the Oral Tantra.

གདོན་ཆུ།

*gdon.chu*
dhon choo
The urine which indicates demonic possession (lit. demonic water)

གདོན་དྲག་པོ་འཁྲོས་པ།

*gdon.drag.po.'khros.pa*
dhon dakpo toe pa
The annoyance of wrathful demons

གདོན་ནད།

*gdon.nad*
dhon ney
Seizures by evil spirits (diseases caused by demonic possession)

བདག་ཏུ་ལྟ་བ།

*bdag.tu.lta.ba*
dhag tu taw a
View of a self

བདག་པོའི་འབྲས་བུ།

*bdag.po'i.bras.bu*
dak poe dey boo
Owned result

བདག་མེད་པ།

*bdag.med.pa*
dhag med pa
Selflessness
It has two folds
1) *gang.zag.bdag.med*– Selflessness of beings
2) *choes.kyi.bdag.med*– Selflessness of the phenomena

བདག་འཛིན།

*bdag.'dzin*
dhak zeen
Self-grasping ignorance ( the cause of cyclic existence and all the sufferings); There are two types of grasping of the self
1) *bdag.'dzin.kun.btags*– Intellectual grasping of phenomenon
2) *bdag.'dzin.lhan.skyes* – Innate grasping of the self

བདག་གཟའ།

*bdag.gza'*
dak za
The lord of the sign
The lord of Aries, Scorpio – Mars
Taurus, Libra – Venus,
Gemini, Libra – Mercury,
Cancer – The Moon,
Leo – The Sun,
Sagittarius, Pieces – Jupiter,
Capricorn, Aquarius - Saturn

བདུད།

*bdud*
dued
Devils or evil spirits
The evil spirits which harm living beings and obstructs activities of merits.

བདུད་སྐར།

*bdud.skar*
dhue kar
Harmful constellations

བདུད་གཅོད།

*bdud.gcod*
dhue choe
Life-cutting demon

བདུད་རྩི།

*bdud.rtsi*
dhue tsee

Skt. Amrit; Ambrosia or nectar

བདུད་རྩི་འཆི་གསོས།

*bdud.rtsi.'chi.gsos*
dhue tsee chee soe
Death healing nector
Ingredients: *bse.ru, ru.rta, glu.rtsi, thang.phrom.dkar.po,*
Nature: Neutral
Uses: A compound which is beneficial against initial stages of lungs diseases, chronic pulmonary diseases, cough, foul smells due to suppuration in the lungs and coughing of sticky sputum.

བདུད་རྩི་སྙིང་པོ།

*bdud.rtsi.snying.po*
dhue tsee nying po
The Essence of nectar
It refers to the *rGyud bZhi* (The Four Tantras) which is the essence of all the sciences of healing.

བདུད་རྩི་སྦྱོར།

*bdud.rtsi.sbyor*
dhue tsee jor
The combination of nectar
It refers to the connection between the element of the daily planet (weekdays) and the element of the constellation (moon constellation) i.e. water and water (weekday and moon constellation respectively).

བདུད་རྩི་མ།

*bdud.rtsi.ma*
dhue tsee ma
Skt. Amritavati, the goddess who offered myrobalan to the medicine Buddha

བདུད་རྩི་ལོ་མ།

*bdud.rtsi.lo.ma*
dhue tsee lo ma
Botanical Name: Aconitum sp. (leaf)
Uses: It controls infectious and pestilential fever.

བདུད་བཞི།

*bdud.bzhi*
dhue shi
The four devils; the four evil forces, Skt. Catvari marah

1) *phung.po'i.bdud*-the evil of the aggregates
2) *nyon.mongs.pa'i.bdud*-the evil of afflictions
3) *'chi.bdag gi.bdud*-the evil of death

4) *lha'i.bu.yi.bdud*-the evil of the son of god (lust)

## བདུན་དམར་དགུ་དམར་མེ་ཁམས།

*bdun.dmar.dgu.dmar.me.khams*
dhoon mar goo mar me kham
The 7th and 9th smeba or magic squares numbers are of fire elements and are red in colour

## བདུན་ཟུར།

*bdun.zur*
dhoon zoor
Lit. Seven corners
In Tibetan astrology it means 'absolute incompatibility'. starting from any of the twelve signs, the seventh is "*bdun.zur*" e.g. Mouse is incompatible with Horse, which is the seventh sign from the mouse.

## བདེ་སྟོང་གཉིས་མེད་ཀྱི་ཡེ་ཤེས།

*bde.stong.gnyis.med.kyi.ye.shes*
dhe tong nyee mey kee ye shey
The pristine cognition in which bliss and emptiness are conjoined without duality

## བདེ་བྱེད་སྙོམས་ལྡན།

*bde.byed.snyoms.ldan*
dhe jey nyom den
Balancing Comforter
Ingredients: *cong.zhi.tsha.btul, dza.ti, li.shi, sug.smel, ka.ko.la, cu.gang, gur.gum, sga.skya, pi.ling, pho.ril, da.li, shing.tsha, gangs.thig.chu.bcad, tsha.la.btul.ma, la.phug.nus.sreg*
Nature: Warm
Uses: It cures indigestion, loss of appetite, pain and cramps in the stomach, weakness of the seven bodily constituents, pustules and irritation, blemishes and *bad.kan* ailments.

## བདེ་སྨྱུག

*bde.myug*
dhe myook
Reed Comfort
Ingredients: *cu.'dzo, a.ru, brag.zhun, star.khan, pi.ling, gur.gum, ut.pal, se.'bru, sug.smel, skyu.ru, ba.sha.ka, ru.rta, rgyam.tsha, ma.nu, par.pa.ta, lcags.rtsi*
Nature: Neutral
Uses: A name of a compound which cures descending of blood – bile

disorder into stomach, vomiting of blood due to brown phlegm, chronic indigestion, obstructed menstruation, mennorhagia, lack of digestive heat and cures all types of diseases associated with stomach.

བདེན་པ་གཉིས།

*bden.pa.gnyis*
dhen pa nyee
The two truths (conventional truth and the ultimate truth)

1) *kun.rdzob.bden.pa*-the conventional truth
2) *don.dam.bden.pa*-the ultimate truth

བདེན་པར་མ་གྲུབ་པ།

*bden.par.ma.grub.pa*
den par ma dood pa
Lack of true status

མདངས།

*mdangs*
Dhang
Vital essence or complexion (lit. radiance)

མདངས་སྒྱུར་མཁྲིས་པ།

*mdangs.sgyur.mkhris.pa*
dhang gyoor tee pa
Colour regulating bile
Location: Liver
Function: Responsible for colouring of blood and other bodily constituents, controls the formation and preservation of blood, provides blood with oxygen.
Negative Actions: An imbalance in this *mKhris-pa* causes deficiency in hemoglobin, anemia, jaundice, itching and yellowing of skin.

མདའ།

*mda*
dha
Arrow
A symbol of male human being in Tibet.

མདའ་དར།

*mda'.dar*
dhaa dar
A lance
A little flag fastened to an arrow with silk ribbons of five different colours used for various religious rituals and social customs

མདའ་རྒྱུས།

*mda'.rgyus*
dha gyue
Hindi Name: Gunja
English Name: Wild licorice
Botanical Name: Abrus precatorius
Taste: Sweet to bitter
Potency: It is used against haematemesis, menorrhagia, choletiasis and gynaecological diseases.

མདུང་རྩེ་དཀར་པོ།

*mdung.rtse.dkar.po*
dhoong tsey karpo
Botanical Name: Goethitum sp.
Taste: Astringent
Potency: Cool
Uses: It treats fractured bones, brain damage and cataracts.

མདུང་རྩེ་སྨུག་པོ།

*mdung.rtse.smug.po*
dhoong tsey moogpo
Botanical Name: Goethitum sp.
Taste: Astringent
Potency: Cool
Uses: It treats fractured bones, brain damage and cataracts.

མདུན་སོ།

*mdun.so*
dhoon so
Lit. Frontal teeth; incisors and canines (eight front teeth are essential for clear speech)

མདོ།

*mdo*
dho
1) The Sutra (a teaching of Buddha Shakyamuni)
2) Summary

མདོག་འགྱུར།

*mdog.'gyur*
dhok gyoor
Discoloration

མདོག་སྔོ།

*mdog.sngo*
dhok ngo
Bluish complexion; wind natured people have this complexion

མདོག་ལྡན (ཕོ་ལྕམ།)

*mdog.ldan (pho.lcam)*
dok den

Botanical Name: Alcea rosea L.
Taste: Sweet to hot
Potency: Neutral
Uses: It is used to treat hot disorders of the kidneys, womb, and vaginal discharges with burning sensation. Its root is used against anorexia.

མདོག་གསལ།

*mdog.gsal*
dhok sel
Complexion clearing
It refers to one of the five types of bile located in the skin and is responsible for colouring of the skin.

མདོས།

*mdos*
doe
Cross thread ritual
A colourful object made from thread which usually signifies offering to gods or ransom to the evil spirits, such objects are generally thrown at a cross road after puja is performed.

མདོས་གཏོང་བ།

*mdos.gtong.ba*
doe tong wa
The casting forth of a '*doe*'

འདམ།

*'dam*
daam
Mud, swamp

འདམ་བུ་ཀ་ར།

*'dam.bu.ka.ra*
dhaam boo kara
Botanical Name: Hippuris Vulgaris L.
Taste: Sweet
Potency: Neutral
Uses: It is used to treat hot disorders of the lungs, liver bones and nerves. It also heals *Bad.kan.smug.po* and the lung diseases caused by external infliction.

འདམ་བུ་ཀ་ར་དམན་པ།

*'dam.bu.ka.ra.dman.pa*
dhaam boo kara man pa
Hippuris Vulgaris Linn
Similar medicinal value as above

འདར་བ།

*'dar.ba*
dhaar wa

Shivering, a prominent symptom of wind disorders

འདས།

*'das*
dey
Exceed, beyond

འདུ་བྱེད།

*'du.byed*
dhoo jey
Compositional factors or Karmas

འདུ་བྱེད་ཀྱི་ཕུང་པོ།

*'du.byed.kyi.phung.po*
doo jey kyi phoong po
Aggregate of mental cognitions

འདུ་བྱེད་ཀྱི་ལས།

*'du.byed.kyi.las*
doo jey kyi ley
Aggregate of activities

འདུ་ཤེས།

*'du.shes*
dhoo shey
Discrimination; a mind which has the ability to distinguish one thing from another

འདུ་ཤེས་ཀྱི་ཕུང་པོ།

*'du.shes.kyi.phung.po*
doo shey kee phoong po
Aggregate of discernment / attitudes

འདུན་པ།

*'dun.pa*
dhoon pa
Interest, quest, willingness

འདུལ་བ།

*'dul.ba*
dhool wa
1) To process mercury
2) The monastic discipline

འདུས་ནད།

*'dus.nad*
dhue ney
Complex humoural disorders
A complicated gastro intestinal disease commonly known as 'Brown Phlegm' (*Bad.kan.smug.po*).

འདུས་བྱས་ཀྱི་ཆོས།

*'dus.byas.kyi.chos*
dooe jey kee choe
Conditional phenomena

འདོད་ཁམས།

*'dod.khams*

dhoe kham

Realm of desire; one of the three realms existences, a realm where the consciousness is preoccupied with desire for five sensual objects

འདོད་ཆགས།

*'dod.chags*

dhoe chags

Craving, desire, attachment; since craving has same qualities as wind it causes wind diseases.

འདོད་ཡོན་ལྔ།

*'dod.yon.lnga*

dhoe yon nga

The five sensual objects

1) Form (*gzugs*)
2) Sound (*sgra*)
3) Smell (*dri*)
4) Taste (*ro*)
5) Feel or touch (*reg.bya*)

འདྲ་དཔེ།

*'dra.dpe*

daa pae

Simile

འདྲེ་གཡོས་བ།

*'dre.gyos.ba*

dre yoe pa

Agitation caused by demons

འདྲེས་པ།

*'dres.pa*

dey pa

Intermingle or mix

རྡུལ་ཕྲ་མོ།

*rdul.phra.mo*

dool tra mo

Subtle particle

རྡུལ་ཕྲན།

*rdul.phran*

dool tren

Atom

རྡུལ་ཕྲན་གྱི་ནུས་པ།

*rdul.phran.gyi.nus.pa*

dool tren gee nue pa

Atomic energy

རྡུལ་ཕྲ་རབ།

*rdul.phra.rab*

dool trra rab

Sub-atomic particles

རྡེལ་དཀར།

*rdel.dkar*
del kar
Lit. White pebbles
It signifying good result especially in astrological calculation and are symbolized by o, oo, óoo whereas x, xx, are bad black pebbles (*rdel.nag*).

རྡོ་ཀླད།

*rdo.klad*
do ley
Halloysite, brain shaped stone (lit. stone brain)
Uses: It sustains the brain and stimulates growth of flesh.

རྡོ་རྒྱུས།

*rdo.rgyus*
do gyue
Skt. Name: Jawa pather
Botanical Name: Asbestos
Taste: Astringent
Potency: Hot
Uses: It is a smooth white stone which heals disorders of the ligaments and tendons.

རྡོ་རྗེ།

*rdo.rje*
dorje
Vajra (adamantine sceptre)
A symbol of power and a tantric ritual object.

རྡོ་རྗེ་སྐུ།

*rdo.rje.sku*
dorje koo
Vajra body

རྡོ་རྗེ་ཐེག་པ།

*rdo.rje.theg.pa*
dorje thek pa
Vajrayana, path of the indestructible reality

རྡོ་རྗེ་སྤུན་གྲོགས།

*rdo.rje.spun.grogs*
dorje pun drok
Vajra brothers and sisters
It refers to disciples who have received initiation together from the same master.

རྡོ་རྗེ་ཕ་ལམ།

*rdo.rje.pha.lam*
dorje pha lam
English Name: Diamond
Taste: Sweet
Uses: It is excellent remedy against Naga spirit and

protect from harmful evil spirits.

རྡོ་རྗེ་རབ་འཇོམས།

*rdo.rje.rab.'joms*
dorje rabjom
Vajra- like Eliminator
Ingredients: *a.ru, ru.rta, gur.gum, gul.nag, gla.rtsi, ba.sha.ka, byi.tang.ga, stag.sha, lang.thang.rtse, ma.ru.rtse,*
Nature: Cool
Uses: It cures headache due to sinusitis, burning sensation in the eyes, leucoma, polypus in the sclera, toothache and *rlung*-blood disorders.

རྡོ་རྗེ་སེམས་པ།

*rdo.rje.sems.pa*
dorje sempa
Vajrasatta

རྡོ་གཉན་འདེགས་པ།

*rdo.gnyan.'degs.pa*
do nyen dek pa
Turning over the plaque-causing demons of stone

རྡོ་ཐལ།

*rdo.thal*
do thel
English Name: Limestone
Taste: Hot to sour
Uses: It treats *bad-kan* accumulated in the stomach region.

རྡོ་དྲེག

*rdo.dreg*
do dek
Hindi Name: Ashmapushpa
Scientific Name: Lichens sp./ Parmela tinctorum Despr
Taste: Sweet
Potency: Cool
Uses: It is beneficial in the treatment of poisonings, reduction of the vomit reflex, chronic fever, lack of appetite, impaired vision, disorders of the lymphatic system and promotes healthy skin.

རྡོ་སྨན།

*rdo.sman*
do men
Medicinal stones

རྡོ་ཞོ།

*rdo.zho*
do sho
Lime stone

རྡོ་སོལ།

*rdo.sol*
do soel
English Name: Coal
Taste: Sweet
Uses: It dissolves stones of the kidneys and gall bladder and treats gem poisonoing and constricts the blood vessels.

རྡོས་བརྡུང་བ།

*rdos.brdung.ba*
doe doong wa
To stone; to crush by a stone

ལྡང་ཚད།

*ldang.tshad*
dhang tshey
Quantity, amounts
It refers to a required quantity of the bodily constituents, humours excretion etc. to sustain the body.

ལྡན་པ།

*ldan.pa*
dhen pa
Dual humoural nature;

1) *rlung* + *mkhrispa* (wind + bile nature)
2) *rlung* + *badkan* (wind + phlegm nature)
3) *rkhrispa* + *badkan* (bile + phlegm nature)

ལྡིག་པའི་ལས་བཅུ།

*ldig.pa'i.las.bcu*
dheeg pea las choo
Ten sinful activities of the mind, body and speech

1) *srog.gcod* – killing
2) *rku* – stealing
3) *log.par.gyem.pa* – sexual misconduct
4) *rdzun* – telling lies
5) *nag.kyal* – idle gossip
6) *tsig.rtsub* – abusive speech
7) *dbyen.sbyor* – slanderous speech
8) *brnab.sems* –covetousness
9) *gnod.sems* – malicious intent
10) *log.par.lta.ba* – misguided or wrong views

ལྡུམ་ནག་དོམ་མཁྲིས།

*ldum.nag.dom.mkhris*
dhoom nak dom tees
Veronica ciliata Fisch
Uses: It cure sores and closes opening of veins.

ལྡུམ་བུ་རེ་རལ།

*ldum.bu.re.ral*
dhoom boo re ral
Botanical Name: Dryopteris sp.
Taste: Sweet
Potency: Cool
Uses: It is used to treat meat poisonig and compounded poisons.

ལྡེ་གུ

*lde.gu*
dhegu
Paste, Medicinal paste

ལྡོག་གཉིས།

*ldog.gnyis*
dhok nyee
The two solstices, summer solstice (*dbyar.nyi.ldog*) and winter solstice (*dgun.nyi.ldog*)

ལྡོག་རྒྱུ་བཅུ་གཉིས།

*ldog.rgyu.bcu.gnyis*
dhok gyoo choo nyee
The twelve adverse effects of treatment

1. *rlung* treatment in excess which pacifies *rlung* but *mkhris.pa* increases
2. *rlung* treatment in excess which pacifies *rlung* but *bad.kan* increases
3. Due to wrong treatment, *rlung* is not pacified and there is a rise in *mkhris.pa*
4. Due to wrong treatment, *rlung* is not pacified and there is a rise in *bad.kan*
5. *mkhris.pa* treatment in excess which pacifies *mkhris.pa* but *rlung* increases
6. *mkhris.pa* treatment in excess which pacifies *mkhris.pa* but *bad.kan* increases
7. Due to wrong treatment, *mkhris.pa* is not pacified and there is a rise in *rlung*
8. Due to wrong treatment, *mkhris.pa* is not pacified and there is a rise in *bad.kan*
9. *bad.kan* treatment in excess which pacifies *bad.kan* but *rlung* increases
10. *bad.kan* treatment in excess which pacifies *bad.kan* but *mkhris.pa* increases
11. Due to wrong treatment, *bad.kan* is not pacified and there is a rise in *rlung*
12. Due to wrong treatment, *bad.kan* is not pacified and there is a rise in *mkhris.pa*

ལྡོག་པ།

*ldog.pa*
dhok pa
Change

ལྡོང་རོས།

*ldong.ros*
dhong roe
Hindi Name: Lal pathar
English Name: Red orpiment
Scientific Name: Realgar
Taste: Hot to bitter
Potency: Hot
Uses: It controls malignant glandular growths, glandular fever, heals septic wounds, swelling of the throat and tongue and necrosis. It is also an anti-dote for the toxins of scorpions, snakes and poisonous bees.

སྡིག

*sdig*
dhik
Scorpio; one of the twelve zodiac sings and is symbolized by a scorpion

སྡིག་གྲིབ།

*sdig.grib*
dhik dreeb
Non-virtues acts, misdeeds acquired in the past lives or the present one

སྡིག་སྲིན།

*sdig.srin*
dhik sin
Hindi Name: Kartkataka
English Name: Crab (decapoda)
Uses: It is said to have medicinal value to cure urine retention.

སྡུག་བསྔལ།

*sdug.bsngal*
dhook ngel
Suffering, unhappiness, misery

སྡུག་བསྔལ་བཞི།

*sdug.bsngal.bzhi*
dhook ngel shi
The four types of suffering

1) *skye.ba'i.sdug.bsngal-* Suffering of birth
2) *rga.ba'i.sdug.bsngal-* Suffering of old age
3) *na.ba'i.sdug.bsngal-* Suffering of sickness
4) *'chi.ba'i.sdug.bsngal-* Suffering of death

## སྡུག་བསྔལ་གསུམ།

*sdug.bsngal.gsum*
dhook ngel soom
The three types of suffering

1) *sdug.bsngal.gyi.sdug.bsngal*- Suffering of pain
2) *'gyur.ba'i.sdug.bsngal*- Suffering of change
3) *khyab.pa.'du.byed.kyi.sdug.bsngal*- Pervasive suffering

## སྡུད་སྒོ།

*sdud.sgo*
dhue go
Posterior fontanelle

## སྡེ་སྲིད།

*sde.srid*
dhey see
Regent

## སྡེ་སྲིད་སངས་རྒྱས་རྒྱ་མཚོ།

*sde.srid.sangs.rgyas.rgya.mtsho*
dhesi sangye gyatso
Desi Sangye Gyatso (1653–1705) was the regent of His Holiness the 5th Dalai lama Lobsang Gyatso. He authored many books on medicine and astrology; the most popular ones are 'The Blue Beryl'and 'The White Beryl'.

## སྡོང་འགྲེམས།

*sdong.'grems*
dhong drem
Spreading Tree (an allegorical tree) by means of using an allegorical of four Tantras one will understand the meaning of *rGyud.bZhi* more easily

## སྡོད་རྩ།

*sdod.rtsa*
dhoe tsa
Veins (non-pulsating veins)

## དྷ་དུ་ར།

*dha.du.ra*
dha doo ra
Skt. Name: Daturah
Botanical Name: Datura stramonium
Uses: It cures severe toothache. Its flower has anaesthesia potency, dries accumulation of serous fluids in the limps and controls dysentery.

བརྡ།

*brda*

dha

Indication, signal

བསྡུས་པ།

*bsdus.pa*

dhue pa

Collected, abridged

# ན།

ན།

*na*

naa

Pain, disorder

ན་ཁར་ཆགས་པའི་བ་ཚ།

*na.khar.chags.p'i.ba.tsha*

naa khar chak pey ba tsha

Saltpetre; Alkaline soil

ན་ག་གེ་སར།

*na.ga.ge.sar*

na ga ge saar

Hindi Name: Salmali/ Mochan

Botanical Name: Bombax ceiba Linn

Taste: Astringent

Potency: Cool

Uses: It treats infections of the lungs, liver, heart, diarrhoea and *mkhris-pa* disorders.

ན་གི

*na.gi*

na ki

Hindi Name: Nakha
Botanical Name: Manis tricuspis
(Pangolin)

ན་ཐ་རམ།

*na.tha.ram*
na tha ram
Plantago Major Linn

ན་བུན་བུ་མོ།

*na.bun.bu.mo*
na boon boo mo
Snail, slug (Planorbidae)
Uses: It stops discharge of sinus fluid.

ན་རམ།

*na.ram*
na ram
English Name: Know grass
Botanical Name: Viviparum. (Polygonum macrophyllum )
Uses: It grows on damp meadows and has medicinal value to control diarrhoea.

ན་ལུགས།

*na.lugs*
na look
Ways of falling ill

ན་ལེ་ཤམ།

*na.le.sham*
na ley sham
Skt.Name: Marica
Hindi Name: Kalimirch
English Name: Black pepper
Botanical Name: Piper nigrum Linn
Family: Piperaceae
Taste: Hot
Potency: Warm
Uses: It is useful for treatment of colds, coughs, catarrhs, bronchial complaints, *Bad.kan* disorders, regenerate loss of bodily heat, indigestion and promotes appetite and also purges worms.

ན་སོ།

*na.so*
naa so
Age
According to Tibetan medicinal system age is divided into three divisions (i.e. 1–16 years childhood, 17–70 years adulthood and 71 and above old age.

ནི་རུ་ཧ།

*ni.ru.ha*
ne roo ha

A fast-acting purgative enema, strong enemata; A means to inject medicine through the rectum

ནི་ལ་ཐོ་ཐ།

*ni.la.tho.tha*
nee la tho tah
A synonym of *big.pan* (chalcanthitum)
Uses: It treats tumour, abscess and leucoma.

ནི་ཤ་ལོ་པ།

*ni.sha.lo.pa*
nee sha lo pa
*Nisha.lo.pa* – a partner whose wife is older than husband (generally, wife should be younger than the husband) and having female animal sign for the male and male animal sign for the female concerned person.

ནུ་ཏོག

*nu.tog*
noo tok
Nipples

ནུ་མ།

*nu.ma*
noo ma
Female breast (mammary glands)

ནུ་མའི་གཉན་ཁ།

*nu.ma'i.gnyan.kha*
noo may nyen kha
Mastitis
It refers to inflammation of breast
(common during breast-feeding).

ནུ་མའི་རྩེའི་གསང་བཞི།

*nu.ma'i.rtse'i.gsang.bzhi*
noo mey tsey sang shi
Four points of nipples (distance of 1 *tshun* to and from the nipple)

ནེ་ཙོ།

*ne.tso*
ne tso
Parrot (Psittacula alexandri fasciata)

ནག་ཆེན།

*nag.chen*
nak chen
1) A synonym of *rkub* (buttocks)
2) Hardcore criminals

ནག་ཐབ།

*nag.thab*
nak thab
Lit. black stove
It refers to annoying of the plague-causing demons by over boiling water and food.

ནག་པ།

*nag.pa*
nak pa
Chitra. Spica – it is one of the twenty seven constellations

ནག་སྨུག་གནོད།

*nag.smug.gnod*
nak mook noe
Harm from the dark brown female demon

ནག་རྩིས།

*nag.rtsis*
nak tsee
(Lit. black calculations)/ Tibetan elemental astrology

ནག་མཚུར།

*nag.mtshur*
nak tshoor
English Name: Black vitriol
Scientific Name: Fibroferritum
Taste: Astringent to sour
Potency: Neutral
Uses: It treats septic wounds in mouth, tumours, degenerating cells and prevents hair loss.

ནག་ཟླ།

*nag.zla*
nak daa
Caitra, 3rd month of the Tibetan lunar calendar during which Lord Buddha taught Kalachakra system

ནགས་ཚལ།

*nags.tshal*
nak tshel
Forest

ནང་།

*nang*
nang
In; home

ནང་གི་རྣལ་འབྱོར།

*nang.gi.rnal.'byor*
nang gee neljor
Inner yoga

## ནང་གི་འབྱུང་བ།

*nang.gi.'byung.ba*
nang gee joong wa
The internal elements i.e. the qualities of the five elements present in the human body

1) Earth (*sa*) – muscle tissue or flesh
2) Water (*chu*) – blood and pus
3) Fire (*me*) – digestive heat
4) Wood (*shing*) – nerves and ligaments
5) Iron *(lcag)* – bone

## ནང་བཅུད་ཀྱི་སེམས་ཅན།

*nang.bcud.kyi.sems.can*
nang chue kee sem chen
Inhabitants of our cosmic world

## ནང་ཆོས།

*nang.chos*
nang choe
Buddha Dharma (lit. internal treatment)

## ནང་ལྗོན།

*nang.ljon*
nang joen
Superficial inner blood letting veins (lit. inner tree)

## ནང་དུས་ཀྱི་འཁོར་ལོ།

*nang.dus.kyi.'khor.lo*
nang doo ki khorlo
The internal Kalachakra
The Internal Kalachakra *(Nang.dus.kyi.khor.lo)*, provides an understanding of the three fundamental interdependent components of our body Viz: Energy Channels *(rTsa)*, Wind *(rLung)*, Essential Drops *(Thig.le)*, and the effect that external forces such as planets and stars have on our body. Kalachakra Astrology explains that the energy Channels are like our home, essential drops as our property and energy wind and mind as the owner.

## ནང་དོན་སྣོད།

*nang.don.snod*
nang don noe
Internal vital and vessel organs

## ནང་པའི་འཁོར།

*nang.pa'i.'khor*
nang pey khor
Retinue of the Buddha Dharma

### ནང་དམེ་དར།

*nang.dme.dar*
nang me dhar
Spread of sectarian disputes among the different schools of Buddhism; killing among brothers and close relatives;

### ནང་རྩ།

*nang.rtsa*
nang tsa
The inner channels

### ནང་ཡན་མེད་པའི་རྐུན་པོ།

*nang.yan.med.pa'i.rkun.po*
nang yen mey pey koon po
A thief in an unattended house

### ནད།

*nad*
ney
Illness, sickness, diseases, disorders
According to the theory of Tibetan medicine "The Disease" is viewed as the result of improper proportion of the three humours – *rlung* (wind), *mkhris-pa* (bile), and *bad-kan* (phlegm) both in qualitative and quantitative aspects.

### ནད་ཀྱི་རྐྱེན།

*nad.kyi.rkyen*
ney ki ken
Secondary or immediate causes of disorders (i.e. diet and conduct)

### ནད་ཀྱི་རྐྱེན་བཞི།

*nad.kyi.rkyen.bzhi*
ney ki ken shi
The four conditions of disorders
1) Seasonal changes
2) Influences of harmful evil spirits
3) Improper dietary habit
4) Unwholesome lifestyle

### ནད་ཀྱི་རྒྱུ།

*nad.kyi.rgyu*
ney kyi gyoo
Aetiology of disorders, primordial causes of diseases
The cause of diseases are of three fold:
*1)* *ring.rgyu*-the distant cause (ignorance),
*2)* *nye.rgyu*-near cause (desire, hatred, delusion)

3) *khyad.par.rgyu*-specific causes (wind, bile and phlegm)

Conferal of the rites and the empowerment of longevity on the patient

## ནད་ཀྱི་དབྱེ་བ།

*nad.kyi.dbye.ba*
ney ki ye wa
The classification of diverse disorders
Diseases can be classified in terms of location in the body, type, environmental factors etc.

## ནད་ཀྱི་མཚན་ཉིད།

*nad.kyi.mtshan.nyid*
ney ki tsen nyi
The symptoms of the diseases (Characteristics of disorders)

## ནད་བཅོས་ཉེས་པ།

*nad.bcos.nyes.pa*
ney choe nye pa
Maltreatment, adverse treatment

## ནད་པར་ཚེ་ཆོག་དང་ཚེ་དབང་བསྐུར་བ།

*nad.par.tshe.cbog.dang.tshe.dbang.bskur.ba*
ney par tsechok dang tsewang kurwa

## ནད་མ་སྒྱིབ་མ།

*nad.ma.sgyib.ma*
ney ma gyib ma
Asperugo procumbeus Linn

## ནད་མ་སྣུན་མ།

*nad.ma.snun.ma*
ney ma nun ma
Botanical Name: Hackelia uncinatum
Taste: Bitter to sweet
Potency: Cool
Uses: It heals fractured bones, treats chest wounds, dries serous fluid, joints ruptured ligaments and tendons and strengthens the trabecular bones *(lha.ba)*.

## ནད་མ་འབྱར་མ།

*nad.ma.'byar.ma*
ney ma jarma
Botanical Name:
Cynoglossum Wallichii
Taste: Bitter to Sweet
Potency: Cool to Coarse
Uses: It heals wounds, fractured bones, swelling of the limbs, accumulation of the

serous fluid in the joints, fever, oedema, urine retention and regulates menstruation.

ནད་རྩིས།

*nad.rtsis*

ney tsi

Illness astrology/Medical astrology

Medical Astrology is prepared in many ways according to reliable ancient sources. The Eight Goddess Calculation Scripture (*lha.mo.brgyad. rtsis*), Seven Week days Divination scripture (*gza'.bdun.mo.dpe*) and many other means. It is mainly prepared and drawn for patients who had prolonged medication and less improvement in their health. The Medical astrologer gives antidotes, rituals and guidance as per the astrological calculation and divination. By astrological calculation, the astrologer shows which physician to consult and also identify the harmful spirits.

ནད་ཞུགས་ཚུལ།

*nad.zhugs.tshul*

ney shuk tshul

The mode of entry (how the diseases enter human body)

ནད་ཟུངས་དྲི་མ་གསུམ།

*nad.zungs.dri.ma.gsum*

ney zoong drima soom

The three constituents of the body

1) The humours (*nad*)
2) The bodily constituents (*lus.zungs*); and
3) The waste products (*dri.ma*)

ནད་ཡུན།

*nad.yun*

ney yun

Duration of illness

ནད་ཡུན་རིང་།

*nad.yun.ring*

ney yun ring

Prolonged illness

ནད་གཡོག

*nad.gyog*

ney yok

Nurse

ནད་གཡོག་སྒྲིན་པ།

*nad.gyog.sgrin.pa*
ney yok drinpa
Competent nurse

ནད་རིགས་བཞི་བརྒྱ་རྩ་བཞི།

*nad.rigs.bzhi.brgya.rtsa.bzhi*
ney rik shi gya tsa zhi
Four hundred and four kinds of diseases

1) *gzhan.dbang.sngon.las*-101 karmic diseases
2) *yongs.grub.tshe.nad*-101 diseases of this life time
3) *kun.brtags.gdon.nad*-101 diseases caused by harmful evil spirits
4) *ltar.snang.'phrel.nad*-101 superficial diseases

ནན་གྱིས་བཙིར་བ།

*nan.gyis.btsir.ba*
nen gyi tsir wa
To strain to relieve constipation

ནབས་སོ།

*nabs.so*
nab so
Punarvasu, Pollux – one of the 27 constellations

ནབས་སོ་སྐྱེས།

*nabs.so.skyes*
nab so key
Skt. Atreya lit. born during the seventh lunar mansion – a saint who was present during Buddha's teaching of medicine

ནམ་མཁའ།

*nam.mkha'*
nam kha
Space, sky, ether

ནམ་མཁའ་ལྡིང་།

*nam. mkha'.lding*
nam kha ding
Garuda

ནམ་གྲུ།

*nam.gru*
nam doo
Rewati. Piscium – one of the twenty seven constellations

ནམ་གྲུ་སྐེམ་པོ།

*nam.gru.skem.po*
nam doo kempo
Revati – the emaciated demoness

ནམ་གྲུ་སྔོན་མོ།

*nam.gru.sngon.mo*
nam droo ngon mo
Revati – the blue demoness

ནམ་ཕྱེད་བྱི།

*nam.phyed.byi*
nam chey jee
Mouse hours; mid-night (23-00 hours)

ནམ་ལངས་ཡོས།

*nam.langs.yos*
nam lang yoe
Rabbit hours; day break or dawn (5-6 hours)

ནལ།

*nal*
nel
Hindi Name: Tamda
Scientific Name: Rose Beryl
Taste: Astringent
Potency: Cool
Uses: It is used against compound poisoning and hepatomegaly.

ནས།

*nas*
ney
English Name: Barley
Botanical Name: Hordeum vulgare L.
Taste: Sweet
Potency: Cool, coarse and heavy
Uses: It cures obesity, blood cholesterol, bile and phlegm disorders, breathing problems, inflammation of muscle tissues, rumbling in the stomach, urinary disorders and common cold.

ནས་སྔོན།

*nas.sngon*
ney ngon
Green barley (Hordeum Vulgare)

ནས་ཐུག

*nas.thug*
ney thook
Barley broth (Hordeum vulgare) lit. barley noodles

ནས་ནག

*nas.nag*
ney nak
Black barley (Hordeum Vulgare)

## ནས་ཚིག

*nas.tshig*
ney tshik
Burnt barley (Hordeum Vulgare)

## ནས་ཟན།

*nas.zan*
ney zen
Common sparrow (Passer sp.)

## ནིམ་པ།

*nim.pa*
nim pa
Skt. Name: Neem ba/Neem
English Name: China berry
Botanical Name: Azadirachta indica A. Juss
Taste: Bitter
Potency: Cool
Uses: It is recommended for all kinds of fever, excessive thirst, anorexia, skin disorders like erysipelas, bone fever and diseases associated with blood and *mkhris.pa.*

## ནུབ།

*nub*
noop
West

## ནུབ་སྐར་བདུན།

*nub.skar.bdun*
noob kar doon
The seven constellations or stars of the west
1) *lha tshams*
2) *snron*
3) *snrubs*
4) *chu stod*
5) *chu smad*
6) *gro bzhin*
7) *byi bzhin*

## ནུབ་བ་གླང་སྤྱོད།

*nub.ba.glang.spyod*
noob ba lang choe
West Bountiful Cow
It is öne of the four astronomical continents according to Tibetan astrology and is said to be in an ocean in the west. It is round in shape and its inhabitants thrives on bountiful cows and precious gems.

## ནུས་སྟོབས།

*nus.stobs*
noo tob
Potency and healing power (of medicines)

ནུས་པ།

*nus.pa*
nooe pa
Potency or inherent power,
Skt. virya

ནུས་པ་བརྒྱད།

*nus.pa.brgyad*
nooe pa gey
The eight types of potency

1) *lchi.ba* – heavy
2) *snum.pa* – oily
3) *bsil.ba* – cool
4) *rtul.ba* – blunt
5) *yang.ba* – light
6) *rtsub.ba* – coarse
7) *tsha.ba* – hot
8) *rno.ba* – sharp

The heavy and oily potency eliminate wind disorders. The cool and blunt potency pacify bile disorders and the remaining four dispel disorders of phlegm inbalances.

ནུས་པ་བརྒྱད་ཀྱི་ཁྱད་ཆོས།

*nus.pa.brgyad.kyi.khyad.chos*
nooe pa gey kee khey choe
The characteristics of the eight potencies

1) *ro.dang.phyogs.mthun.gyi. nus.pa*– The potency of an individual plant that conforms with the properties of its tastes as said in '*Shel.gong.shel. phreng*'
2) *stobs.kyi.nus.pa* – The potency of power (the plants which grows in high altitude are said to have cooling effects where as plants growing in lower plains have warm quality)
3) *dri.yi.nus.pa* – The potency of smell (the potency of a particular plant conforms with the properties of its smell like camphor '*ga.boor*' and white sandal wood '*tsan.dan.dkarpo*')
4) *gnyen.po'i.nus.pa* – The potency of antagonistic (like meat, bile and feather of peacock which are effective in treating poisoning)
5) *rigs.mthun.gyi.nus.pa* – The potency of similar form (like liver is effective in treating liver disorders and tongue is effective in treating of swelling tongue etc.)

6) *dbyibs.mthun.gyi.nus.pa* – The potency of similar shape and colour (like brain shaped stone *'rdo kled'* is effective in treating brain disorders
7) *rten.'brel.gyi.nus.pa* – The potency of dependent arising (like soil from rats dwelling place, facing east is effective in treating chronic colitis)
8) *smon.lam.gyi.nus.pa* – The potency of aspirational prayers (these are plants such as Aster sp., Rhododendron sp. etc. which grow due to aspirational prayers by enlightened beings, for the benefit of mankind)

ནུས་པ་ལྕི་བ།

*nus.pa.lci.ba*

nooe pa chiwa

Heavy potency (as of like black salt)

ནུས་པ་རྟུལ་བ།

*nus.pa.rtul.ba*

nooe pa toohl wa

Blunt potency of medicinal plants (e.g. Bambusa textiles)

ནུས་པ་སྣུམ་པ།

*nus.pa.snum.pa*

nooe pa noom pa

Oily potency of medicinal plants (like Aquilaria agollacha Raxb)

ནུས་པ་རྣོ་བ།

*nus.pa.rno.ba*

nooe pa no wa

Sharp inherent quality of medicinal plant (like rock salt)

ནུས་པ་རྩུབ་པ།

*nus.pa.rtsub.pa*

nooe pa tsoob pa

Coarse potency of medicinal plants (like Hippophae rhamnoides L)

ནུས་པ་ཚ་བ།

*nus.pa.tsha.ba*

nooe pa tsha wa

Hot potency of medicinal plants (like piper nigrum Linn)

ནུས་པ་ཡང་བ།

*nus.pa.yang.ba*

nooe pa yang wa

Light inherent quality of medicinal plants (like Capsicum Fructescens)

ནུས་པ་བསིལ་བ།

*nus.pa.bsil.ba*
nooe pa seel wa
Cool potency of medicinal plants (like Cinnamomum Camphora)

ནེའུ་གསེང་རྫིང་དུ་བསྐྱིལ།

*ne'u.gseng.rdzing.du.bskyil*
neoo seng zing doo kyil
To construct ponds in meadows thus disturbing the plague-causing demons of water

ནོར།

*nor*
nor
Wealth

ནོར་གོད་བྱུང་བ།

*nor.god.byung.ba*
nor goe joong wa
Loss of wealth

ནོར་གྱི་ཕྱིར་འདྲེ།

*nor.gyi.phyir.'dre*
nor gi chir de
Spirits in pursuit of wealth

ནོར་བུ།

*nor.bu*
nor boo
Gem (such as wishfulfilling gem etc.)

ནོར་བུ་བདུན་ཐང་།

*nor.bu.bdun.thang*
norbu doon thang
Decoction of Seven Gems
Ingredients: *ma.nu, sle.tres, kan.ta.ka.ril, sga.skya, a.ru, ba.ru, skyu.ru*
Nature: Slightly cool
Uses: It heals hypertension, headache due to contagious common cold, excessive thirst, fever caused by inflammation of blood and *rLung*, developing fever in the night and heaviness of body.

ནོར་བུ་དབུས་ཀྱི་འཁོར་ལོ།

*nor.bu.dbus.kyi.kbor.lo*
norbu ue ki khorlo
The wheel at the centre of a jewel

ནོར་ལས་རྒྱལ་གྱི་རླུང་།

*nor.las.rgyal.gyi.rlung*
norley gyel gi loong
The Dhananjaya rlung Energy
*(Skt. Dhananjaya)*
Location: North-west petal of the heart
Element: Earth
Actions: This *rlung* remains in the body even after death, sometimes causing bloating and movement in the corpse.

ནོར་ལྷ།

*nor.lha*
nor lha
Deity of wealth

གནངས་ལོ།

*gnangs.lo*
nang lo
The year after next

གནད།

*gnad*
ney
Vital spot or vital organ

གནད་དུ་བབས་པ་།

*gnad.du.babs.pa*
ney doo bab pa
Piercing of a vital organ or part .

གནམ་སྒོ།

*gnam.sgo*
nam go
A door in the sky

གནམ་ཐིབ་པ།

*gnam.thib.pa*
nam thip pa
Overcast sky

གནམ་ཐིག

*gnam.thig*
nam thik
Lit. celestial line (i.e the main horizontal line)

གནམ་དངས་བ།

*gnam.dangs.ba*
nam dang wa
Clear sky

གནམ་སྨན།

*gnam.sman*
nam men
Sky medicine

གནམ་མཚན།

*gnam.mtshan*
nam tshen
Meteorological phenomena

གནམ་རིག

*gnam.rig*
nam rik
Astronomy

གནམ་གཤིས།

*gnam.gshis*
nam shee
Weather; climate

གནམ་གཤིས་སྔོན་བརྡ།

*gnam.gshis.sngon.brda*
nam shee ngon da
Weather forecast

གནའ་བ།

*gna'.ba*
na wa
Bharal sheep (Pseudois nayaur Hodg)

གནས།

*gnas*
ney
Location, site

གནས་ཀྱི་དབྱེ་བ།

*gnas.kyi.dbye.ba*
ney ki ye wa
The classification of diseases on the basis of their locations

གནས་སྐབས།

*gnas.skabs*
ney kap
Stages or phases; temporary

གནས་སྐབས་སྤྱོད་པ།

*gnas.skabs.spyod.pa*
gey kab choe pa
Incidental behaviour (occasional conduct)

གནས་སྐབས་བཞི།

*gnas.skabs.bzhi*
ney kab shi
The four stages during tantric practice

1) the drop of the arisal of deep sleep
2) the drop of the arisal of dreams
3) the drop of the fourth occasion or the transcendental drop
4) the drop of the wisdom

གནས་པའི་རུས་སྦལ།

*gnas.pa'i.rus.sbal*
ney pey rue bel
Abiding tortoise

གནས་ལུགས།

*gnas.lugs*
ney look
Anatomical and physiological description of the body (i.e. quantity of the bodily constituents)

གནས་ལུགས་ནད་གཞི།

*gnas.lugs.nad.gzhi*
ney look ney shi
Factors responsible for health and illness (the basis of mind-body in dynamic equilibrium and disequilibrium representing healthy and ill states)

གནས་ལུགས་ནད་གཞིའི་རྩ་བ།

*gnas.lugs.nad.gzhi'i.rtsa.ba*
ney look ney shi tsa wa
The root of the aetiology

གནོད།

*gnod*
noe
Harm

གནོད་ཀྱི་འཇིག་རྟེན།

*gnod.kyi.jig.rten*
noe kee jigten
Physical world (inanimate world)

གནོད་སྦྱིན།

*gnod.sbyin*
noe jin
Yaksa (mountain spirits)

གནོད་སྦྱིན་བྱ་རོག་ཅན།

*gnod.sbyin.bya.rog.can*
noed jin ja rok chen
A demonic crow spirit

གནོད་སེམས།

*gnod.sems*
noe sem
Vindictiveness, harmful mind

རྣ་ནད།

*rna.nad*
na ney
Disease of the ears

རྣ་བ།

*rna.ba*

na wa
Ear

རྣ་བ་འུར།

*rna.ba.'ur*
na wa voor
Tinnitus
A condition characterised by ringing in ears not caused by external sounds

རྣ་བ་འོན་པ།

*rna.ba.'on.pa*
na wa von pa
Deafness
A condition characterised by loss of hearing

རྣ་བའི་གཉན་གཞི།

*rna.ba'i.gnyan.gzhi*
na way nyen shi
Otitis
A condition characterised by inflammation of the ear

རྣ་ཤལ།

*rna.shal*
na shel
Ear lobes

རྣག།

*rnag*
nak
Purulence, pus

རྣབ་སེམས།

*rnab.sems*
nab sem
Covetousness

རྣམ་རྒྱལ།

*rnam.rgyal*
nam gyal
Lit. victorious one (a type of Terminalia chebula)

རྣམ་འགྱུར།

*rnam.'gyur*
nam gyoor
Unhealthy (a change from the normal state of health)

རྣམ་གྲངས།

*rnam.grangs*
nam dang
Number, varieties

རྣམ་བཅུ་དབང་ལྡན།

*rnam.bcu.dbang.ldan*
namchu wangden

The symbol of Kalachakra

རྣམ་རྟོག།

*rnam.rtog*
nam tok
Dualistic appearance (e.g. false vision of an object)

རྣམ་སྣང་།

*rnam.snang*
nam nang
Vairocana (in the centre)

རྣམ་པ།

*rnam.pa*
nam pa
Appearance

རྣམ་པར་རྒྱུ་བ།

*rnam.par.rgyu.ba*
nam par gyoo wa
Fully moving wind energy

རྣམ་པར་རྟོག་པ།

*rnam.par.rtog.pa*
nam par tok pa
Conceptuality (fully understood)

རྣམ་པར་གྲོལ་བའི་ཕུང་པོ།

*rnam.par.grol.ba'i.phung.po*
nam par dol wey fung po
Embodiment of complete liberation

རྣམ་པར་མ་འགྱུར་པ།

*rnam.par.ma.gyur.pa*
nam par ma gyur pa
Healthy (balanced state of humours)

རྣམ་པར་གཡེང་བ།

*rnam.par.gyeng.ba*
nam par yeng wa
Distraction

རྣམ་སྨིན་གྱི་རྒྱུ།

*rnam.smin.gyi.rgyu*
nam meen gee gyoo
Developing cause

རྣམ་སྨིན་གྱི་འབྲས་བུ།

*rnam.smin.gyi.'bras.bu*
nam meen gee dey boo
Developed result

རྣམ་ཤེས་།

*rnam.shes*
nam shey

Consciousness
It refers to the crystal energy that enables us to be aware of our outer and inner things. It consists of the primary six minds of eye, ear, nose, tongue and touch consciousness and primary mental consciousness.

རྣམ་ཤེས་ཀྱི་ཕུང་པོ།

*rnam.shes.kyi.phung.po*
nam shey kee foonk po
Aggregate of consciousness

རྣམ་ཤེས་ཚོགས་བརྒྱད་ལས་སྤར་ཁ་འབྱུང་ཚུལ།

*rnam.shes.tshogs.brgyad.las.spar.kha.° byung.tshul*
namshey tshok gey ley par kha joong tshool
The formation of eight '*parkha*' (I- ching) from eight types of consciousness

1) *Li* from eyes
2) *Khon* from the basis of all things
3) *Da* from emotion
4) *Khen* from mind
5) *Kham* from tongue
6) *Gin* form body
7) *Zin* from ear
8) *Zon* from nose

རྣལ་འབྱོར་པ།

*rnal.'byor.ba*
nel jor wa
Yogin or male hermit

རྣལ་འབྱོར་རྒྱུད།

*rnal.'byor.rgyud*
nel jor gyue
Yoga Tantra

རྣལ་འབྱོར་བླ་མེད་རྒྱུད།

*rnal.'byor.bla.med.rgyud*
nel jor la mey gyue
Maha yoga Tantra (The highest yoga tantra or supreme yoga tantra)

རྣལ་འབྱོར་མ།

*rnal.'byor.ma*
neljor ma
Yogini or female hermit

རྣོ་བ།

*rno.ba*
no wa
Sharp (one of the potency of medicinal plants)

རྣོ་ཞིང་ཚ་བའི་ཟས།

*rno.zhing.tsha.ba'i.zas*

no shing tsa bey zey
Sharp and hot food (sharp and hot refers to the medicinal potency of the diets)

སྣ་ཁུང་།

*sna.khung*
na khoong
Nostril

སྣ་ནད།

*sna.nad*
na ney
Nasal diseases

སྣ་བ།

*sna.ba*
na wa
Nose

སྣ་སྨན།

*sna.sman*
na men
Inhalation Therapy (nasal medications)

སྣ་རྩེ།

*sna.rtse*
na tse
Blood letting vessels located at the tip of the nose

སྣ་ཚོགས།

*sna.tshogs*
na tshok
Different varieties

སྣང་མཐའ།

*snang.mtha'*
nang tha
Amitabha (in the west)

སྣང་ཚུལ།

*snang.tshul*
nang.tshool
Phenomenon, appearance

སྣང་བ་བཞི།

*snang.ba.bzhi*
nang wa shi
The four types of experiences attained as a result of practising *Dzogchen* meditation

སྣབས་རྟུག

*snabs.rtug*
nab took
Nasal mucus

སྣམ་བུ།

*snam.bu*
nam boo
Woollen cloth

སྣར་མ།

*snar.ma*
nar ma
Aldebran Rohini – one of the twenty seven constellations

སྣུམ་བཅུད།

*snum.bcud*
noom chue
Oily and nutritious
It is normally recommended in cases of wind disorders.

སྣུམ་འཆོས།

*snum.'chos*
noom choe
Oleation therapy
A preliminary way of using oil for all the five treatments such as emetics, purgative etc.

སྣུམ་འཐུང་བ།

*snum.'thung.ba*
noom thoong wa
Consumption of oils

སྣུམ་པ།

*snum.pa*
noom pa
Unctueous (oily potency of a medicine)

སྣུམ་བཞི།

*snum.bzhi*
noom shi
Four kinds of oil

1) Butter derived from animals *(rtsi.mar)*
2) Oil derived from seeds *('bru.mar)*
3) Fat *(tshil.zhag)*
3) Marrow *(rkang)*

སྣེ་རྒོད།

*sne.rgod*
ney goe
Wild Goose Foot, Chenopodium album (Amaranthus Viridis Linn)

སྣེའུ།

*sne'u*
ney voo
Hindi Name: Vastukah
Botanical Name: Chenopodium album Linn
Taste: Sweet
Potency: Neutral

Uses: It controls excessive perspiration, promotes appetites, subside fever, restores blood, heals wounds and itching; and controls white discharge.

སྣོད།

*snod*

noe

Hollow viscera, Hollow organs, Skt. susirasaya

སྣོད་ཀ།

*snod.ka*

noe ka

Blood letting vessels of the basilica veins, which is associated with the heart

སྣོད་མཁྲིས་གཉན་གཞི།

*snod.mkhris.gnyan.gzhi*

noe tree nyen shi

Cholecystitis

A condition characterised by inflammation of gall bladder

སྣོད་བཅུད།

*snod.bcud*

noe chue

Environment and inhabitants (natural resources)

སྣོད་དཔངས་མཐོ་བ།

*snod.dpangs.mtho.ba*

noe pang tho wa

Containers of great depth

སྣོད་ཚད།

*snod.tshad*

noe tshey

Fever of the hollow viscera

སྣོན་ཟླ།

*snron.zla*

nonda

Jeshth; fifth month of Tibetan lunar calendar

བསྣོན།

*bsnon*

non

Add; addition

# པ།

པ་ཏོ་ལ།

*pa.to.la*
pa to la
Botanical Name: Bletilla striata (Thunb) Reichb.f.
Taste: Sweet to bitter to hot
Uses: It cures diseases caused by animalcules and improves appetite.

པ་ཡག་རྩ་བ།

*pa.yag.rtsa.ba*
pa yak tsa wa
Botanical Name: Lancea tibetica Hook.f.et.Thoms (Salvia miltiorrhiza, Viola dissecta)
Taste: Sweet
Potency: Cool
Uses: Its root cures lung disorders and drains pus from the lungs. It also treats womb tumour.

པ་ལག

*pa.lag*
pa lak
Hindi Name: Palak
English Name: Spinach
Botanical Name: Spinacia-olerecea
Taste: Sweet
Potency: Cool
Uses: It is a good source of nutriuon for nursing mothers and improves quality of their milk. It is an excellent remedy for constipation, night blindness and is highly beneficial in building up blood and in prevention and treatment of anemia.

པ་སངས།

*pa.sangs*
pasang
Venus; Syn. *dkar.po*-white, *lha.min.bdag. po*-lord of semi god

པག

*pag*
pak
Barley dough (staple diet of Tibet)

པགས་ནད།

*pags.nad*
pak ney
Dermatological disorders

### པགས་པ།

*pags.pa*
pag pa
Skin (location of colour regulating bile)

### པང་དུ་ལེན་ཚུལ།

*pang.du.len.tshul*
pang doo len tshool
Ways of taking (baby etc.) in the lap

### པད་མ།

*pad.ma*
pey ma
Skt. Name: Pad ma
Hindi Name: Kamal
Botanical Name: Nelumbo nucifera
Family: Nelumbonaceae
Taste: Astringent
Uses: It aids concentration, and is used for allergy and spasmodic.

### པད་མ་གེ་སར།

*pad.ma.ge.sar*
pey ma gey sar
Skt. Name: Salmali Mocha
Botanical Name: Bombax Ceiba L.
Taste: Astringent
Potency: Cool
Uses: It is beneficial in treating hot disorders of the lungs, liver and the heart.

### པད་མ་རཱ་ག

*pad.ma.ra.ga*
pey ma ra ga
English Name: Ruby
Taste: Sweet
Uses: It prevents attack from evil spirits and proves effective in rectifying disorders of the mind.

### པད་རྩ།

*pad.rtsa*
pey tsa
Nelumbo nucifera Gaertn (roots of Lotus flower)

### པད་ཚལ།

*pad.tshal*
pad zel
English Name: Chinese cabbage
Taste: Sweet
Potency: Cool
Uses: It is useful for treating fever, cold, coughing, vocal obstruction, ulcers in the stomach, large and small intestine, controls bleeding

and prevents cancerous growth.

པད་རག།

*pad.rag*

pey rag

Scientific Name: Ruby

Taste: Sweet to astringent

Potency: Cool

Uses: It is used to harmonise the three principle energies of the body and to dispel harmful evil spirits.

པད་རག་མདོག་ལྡན།

*pad.rag.mdog.ldan*

pey rag dok den

Possessor of Rubra colour

Ingredients: *ha.lo'i.me.tog, gur.gum, sug.smel, skyer.shun, btsod, skyu.ru, zhu.mkhan, rgya.tshos, dom.mkhris, gze.ma, mkhal.zho, shug.tsher.khan.ta, brag.zhun*

Nature: Slightly cool

Uses: A compound which is used against spermatorrhea, leucorrhea, descent of bad blood into the lower part of the body, polyurea, bed-wetting and renal diseases.

པར་པ་ཏ།

*par.pa.ta*

par pa ta

1) Botanical Name: Hypecoum leptocarpum

Taste: Bitter

Potency: Cool to blunt

Uses: It treats infections, bilious fever, hepatitis and fever caused by poison.

2) Harmful external micro-organism It enters the body through the nose, mouth, and pores of skin and leads to varieties of severe contagious diseases. This micro-organism is characterised by having lizard-like head, a wide mouth and a snake-like body with wings and many limbs. It cannot be seen with the naked eyes due to its small size.

པི་པི་ལིང་།

*pi.pi.ling*

pee pee ling

Skt. Name: Maga. Pippali

English Name: long pepper

Botanical Name: Piper Longum Linn

Taste: Hot to Sweet

Potency: Warm

Uses: It cures *bad-kan* and *rlung* combined disorders, excess sputum, asthma and impaired digestive heat.

པི་ཝང་ལྟར་ཐང་པ།

*pi.wang.ltar.thang.pa*
pe wang tar thang pa
Tense like the strings of a lute

པིར་འགོ།

*pir.'go*
per go
Ligaments and minor water channels of the big toe (lit. tip of writing brush)

པུ་ཤེལ་རྩེ།

*pu.she.rtse*
poo shel tsey
Botanical Name:
Dendrobium nobile Lindle
Taste: Sweet
Uses: It alleviates thirst, fever, reduces the urge to vomit and relieves urinary tract blockages.

པུ་ཤེལ་རྩེ་མཆོག

*pu.shel.rtse.mchog*
poo shel tse chok
Superior Himalayan orchid
(Dendrobium curcumination)

པུ་ཤེལ་རྩེ་དམན།

*pu.shel.rtse.dman*
poo shel tse men
Caelogyne Orchid
(Caelogyne occultata)

པུཁ་ཀར་མུ་ལ།

*pukh.kar.mu.la*
poo kar moo la
English Name: Flee bane
Botanical Name: Inula recemosa Hook
Uses: It controls fever of phlegm and relieves pain in the ribs due to hypertension.

པུན་ཊ་རི་ཀ།

*pun.tra.ri.ka*
poon ta rika
1) A precious gem stone
2) White lotus

པུས་ཚིགས།

*pus.tshigs.*
pooe tshik
Knee joints

སྤུས་མོ།

*pus.mo*
pooe mo
Knees

པོ་སོ་ཆ།

*pa.so.cha*
poso cha
Sesbana grandiflora

སྤྲི་ཡང་ཀུ།

*pri.yang.ku*
tee yang koo
English Name: Lavender
Botanical Name:
Dracocephalum tanguticum Maxim
Taste: Sweet to bitter
Potency: Cool
Uses: It is beneficial in the treatment of hot disorders of the stomach and liver, brown phlegm, wounds and excess of lymphatic fluid and water retention of hot nature.

དཔག་ཚད།

*dpag.tshad*
pak tshey
League/yojana
According to the Kalachakra system, twenty four finger widths equal one cubit, four cubits equals a bow length, two thousand bow length equals one earshot, four earshots equals one league or yojana

དཔའ་རྒོད།

*dpa'.rgod*
pa goe
1) Phytolacca sp.
2) Courageous and bold

དཔའ་བོ་དཀར་པོ།

*dpa'.bo.dkar.po*
pawo Karpo
Hindi Name: Burgu/ Matazor/Jirka
Botanical Name: Phytolacca acinosa Roxb
Taste: Bitter
Potency: Cool
Uses: It is used against disorders caused by poisoning, epidemic fever and pain associated with inflammation.

དཔའ་བོ་དགྲ་འདུལ།

*dpa'.bo.dgra.'dul*
pawo da dool
Enemy Defeating Hero

དཔའ་བོ་ཆེན་པོ།

*dpa'.ba.chen.po*
pa wo chenpo
Panax ginseng C.A.Mey; it is a synonym of '*kar.po.chig.thub*'

དཔལ་བསྐྱེད།

*dpal.bskyed*
pel key
Prosperity

དཔུང་རྐང་།

*dpung.rkang*
poong kang
Upper arm or humerus

དཔུང་པ་ཧྲེངས་པ།

*dpung.hrengs.pa*
poong pa rheng pa
Frozen shoulder
A condition characterised by stiffness and pain in shoulder

དཔུང་རྩ།

*dpung.rtsa*
poong tsa
Shoulder vein

དཔུང་འཛུམ།

*dpung.'dzum*
poong zoom
The deltoid region

དཔེ།

*dpe*
pey
Simile
(metaphoric illustration)

དཔྱད།

*dpyad*
chey
Accessory therapy

དཔྱད་ལྡིང་བཅུ་གསུམ།

*dpyad.lding.bdu.gsum*
chey ding choo sum
The thirteen floating diagrams; are used for the delineation of future events

དཔྱད་ལས་མཐོང་བ།

*dpyad.las.mthong.ba*
chey ley thong wa
Observation of the therapeutic techniques in practice

དཔྱི་རྐེད་ན།

*dpyi.rked.na*
chee key na

**Lumbago**
A condition characterised by pain in lower back (waist and hip pain).

དཔྱི་རྐེད་རུས་ཚིགས་ན།

*dpyi.rked.rus.tshigs.na*
chee key roo tshig na
Pain in the joints of waist and hip bones; (symptomatic of diseases caused by wind)

དཔྱི་མིག

*dpyi.mig*
chee mik
Hip joint, hip sockets

དཔྱི་རུས།

*dpyi.rus*
chee rue
Pelvis or hip bones

དཔྱིད་མཉམ།

*dpyid.mnyam*
chee nyam
Spring equinox
It is the day when the day and night becomes equal which appears in $2^{nd}$ Lunar month.

དཔྱིད་དུས།

*dpyid.dus*
chee dus
Spring season

དཔྱིད་དབུགས།

*dpyid.dbugs*
chee ook
The energy of the spring

དཔྱིད་ཚད།

*dpyid.tshad*
chee tshey
Spring heat

དཔྱིད་ཟླ་གསུམ།

*dpyid.zla.gsum*
chee da soom
The three spring months

དཔྱོད་པ།

*dpyod.pa*
choe pa
Investigate, analyse

དཔྲལ་བ།

*dpral.ba*
tey wa
Forehead

### ལྤགས་འགས།

*lpags.'gas*
pak gey
Cracking of the skin
It is one main symptom of sweat consumption.

### སྤ་མ།

*spa.ma*
pama
Juniper (Juniperus squamosa)

### སྤ་ཡག་རྩ་བ།

*spa.yag.rtsa.ba*
pa yak tsa wa
Botanical Name: Lancea Tibetica
Taste: Sweet and bitter
Potency: Cool
Uses: It is beneficial in treating cough, sores and ruptured blood capillaries, strengthens lungs, and draws pus from lungs and sores. Its fruits are used for treating cardiac diseases and amenorrhoea. Leaves heal wounds.

### སྤང་།

*spang*
pang
Grassland or meadow

### སྤང་རྒྱན།

*spang.rgyan*
pang gyen
Gentiana sp.

### སྤང་རྒྱན་དཀར་པོ།

*spang.rgyan.dkar.po*
pang gyen kar po
Botanical Name: Gentiana algida
Taste: Bitter
Potency: Cool
Uses: It is beneficial in treating inflammations of the pharynx, bronchioles, hoarseness of the throat, excess sputum, cough, toxic and epidemic fever.

### སྤང་རྒྱན་ཁྲ་བོ།

*spang.rgyan.khra.bo*
pang gyen ta po
Botanical Name: Gentiana Sinoornata
Taste: Bitter
Potency: Cool
Uses: See *spang.rgyan.dkar.po*

### སྤང་རྒྱན་སྔོན་པོ།

*spang.rgyan.sngon.po*
pang gyen ngon po

Botanical Name: Gentiana Veitchiorum
Taste: Bitter
Potency: Cool
Uses: It is used for treating fever caused by small pox and vulnerable diseases.

སྤང་རྒྱན་བཅོ་ལྔ།

*spang.rgyan.bco.lnga*
pang gyen cho nga
Gentiana Fifteen
Ingredients:*spang.rgyan.me.tog, a.ru, a.gar.nag.po, snying.zho.sha, tsan.dan.dkar.po, sro.lo.dkar, cu.gang, ru.rta, sle.tres, ba.ru, skyu.ru, li.shi, shing.mngar, ba.sha.ka, dza.ti.*
Nature: Cool
Uses: It cures dry throat, itching, coughing and bubbled mucus due to descending of fever in the throat; constricted chest and severe pain in the upper part due to bile – wind disorder. It is particularly effective against chronic cough and cold and breathlessness.

སྤང་རྒྱན་ནག་པོ།

*spang.rgyan.nag.po*
pang gyen nak po
Botanical Name: Gentiana Veitchiorum (black type)

སྤང་རྒྱུས།

*spang.rgyus*
pang gyooe
English Name: Green Tibetan asbestos (lit. indigo tendon)
Uses: It heals disorders of the ligaments and tendons.

སྤང་སྤོས།

*spang.spos*
pang.poe
Hindi Name: Jatmansi
Botanical Name: Nardostachys Jatamansi DC
Taste: Bitter
Potency: Cool
Uses: It is used for treating chronic fever, fever due to poisoning, spleen disorder, pathogenic diseases and relieves swelling. Lit. Meadow incense.

སྤང་བ།

*spang.ba*
pang wa
To refrain, to avoid, to abstain

སྤང་བླང་བརྟག་པ།

*spang.blang.brtag.pa*
pang lang takpa
Examination of curability and incurability of diseases

སྤང་བླང་མུ་བཞི།

*spang.blang.mu.bzhi*
pang lang mo shi
Four diagnostic techniques of verifying whether the disease can be cured or not.

སྤང་མ།

*spang.ma*
pangma
Latin Name: Malachite (green colour)
Uses: It dries up lymph fluid, removes cataracts, promotes hair growth, cures diseases of the male sex organs.

སྤང་རྩི་བཅུ་གཉིས།

*spang.rtsi.bcu.gnyis*
pangtse choonyi
Pterocephalus Twelve
Ingredients: *spang.rtsi, cu.gang bong.dkar, stag.sha.nag.po, gur.gum, gi.wam, par.pa.ta, brag.zhun, gla.rtsi, gul.nag, tsan.dmar, bdud.rtsi.lo.ma*
Nature: Cool
Uses: A compound which subside infectious fever, and relieves pestilential swelling, swelling of breast and toothache.

སྤང་རྩི་དོ་བོ།

*spang.rtsi.do.bo*
pang tsee dowo
Botanical Name: Pterocephalus hookeri (C.B.clarke) Diels
Taste: Bitter
Potency: Cool
Uses: It is used against common cold, infectious fever, fever due to poisoning, initial and chronic fever, colic pain, dysentery, gout, arthritis and blood disorders.

སྤང་ཚན་པུ་རུ།

*spang.tshan.pu.ru*
pang tshen poo roo
Botanical Name: Eriophyton wallichii Benth

སྤང་རམ།

*spang.ram*
pang raam

Botanical Name: Polygonium Sphaerostachyum
Taste: Sweet to bitter
Uses: It stops diarrhoea and promotes blood growth.

སྤར་ཁ།

*spar.kha*
parkha
I-ching, trigrams

སྤར་ཁ་བརྒྱད།

*spar.kha.brgyad*
parkha gey
The eight I-chings or trigrams
1) *Li* – fire
2) *Khon* – earth
3) *Da* – iron
4) *Khen* – space
5) *Kham* – water
6) *Gin* – mountain
7) *Zin* – wood
8) *Zon* – wind

སྤར་ཁ་བརྒྱད་ཆགས་ཚུལ།

*spar.kha.brgyad.chags.tshul*
parkha gey chak tshool
The formation of eight trigrams

སྤར་ཁ་སྨེ་བའི་གླིང་སྐོར།

*spar.kha.sme.ba'i.gling.skor*
parkha mey wey lingkor
The diagrams of the places of the *parkha* and *smeba*

སྤར་ཁ་བཟང་བཞི་ངན་བཞི།

*spar.kha.bzang.bzhi.ngan.bzhi*
par kha zangshi ngenshi
The four favourable and unfavourable I-chings; the four good and bad trigrams; The four favourable *parkhas* are
1) *gnam.sman* – sky medicine
2) *srog.'tsho* – life support
3) *dpal.skyed* – prosperity
4) *phya.lon* – message of luck

The four unfavourable parkhas are
1) *gnod.pa* – injury
2) *'dre.lnga* – five demons
3) *bdud.gcod* – life cutting demons
4) *lus.chad* – body punishment

སྤར་ཁའི་གནམ་སྒོ།

*spar.kha'i.gnam.sgo*

par khey naam go
Lit. the sky door of I-ching or trigrams

སྤར་ཁའི་ཕྱག་རྒྱ།

*spar.kha'i.phyag.rgya*
par khey chak gya
The seal or mudra of the eight trigrams

སྤར་ཁའི་ཕྱོགས་གཙང་།

*spar.kh'i.phyogs.gtsang*
par khey chok zang
The clear direction of the I-chings

སྤར་ཚད།

*spar.tshad*
par tshey
Closed handfuls
An ancient way of measurement.

སྤུ་འཁྱིལ།

*spu.'khyil*
poo khyil
Nape of the neck

སྤེན་དཀར།

*spen.dkar*
pen kar
Botanical Name: Potentilla glabra
Uses: It treats breast problems in women, indigestion and lung disorders.

སྤེན་པ།

*spen.pa*
penpa
Saturn; syn. *Dal.bar.'gro*-Slow mover, *nyi.ma'i.bu*-Son of sun, *mi.bzang.mig*-Eye of great people, *gshin.rje.bdag*-Lord of death

སྤེན་མ་ནག་པོ།

*spen.ma.nag.po*
pen ma nakpo
Botanical Name: Potentilla arbuscula D.Don
Uses: It heals swelling of breast, and blockage of veins due to dropsy. The calcinated ash of this plant dries serous fluid.

སྤོ་ལ་དར་འཕྱར།

*spo.la.dar.'phyar*
pola darchar
Hoisting a silk banner on the mountain top

**སྤོ་ལ་གདོན་པ།**

*spa.la.gdon.pa*
pola donpa
Reaching one's peak
A technique of diagnosis in which the doctor unmistakably examines the disorders

**སྤོས།**

*spos*
poe
Incense

**སྤོས་དཀར།**

*spos.dkar*
poe kar
Hindi Name: Sakhu/Ral/Shal
Botanical Name: Shorea robusta Gaertn (Sal tree)
Taste: Astringent
Potency: Hot
Uses: It is recommended against arthritis, lymph disorders, *rlung* diseases and treats hydrocele.

**སྤོས་དཀར་བཅུ་བ།**

*spos.dkar.bcu.ba*
poe kar choowa
Shorea Robusta Ten
Ingredients: *a.ru, ba.ru, spos.dkar, thal.ka.rdo.rje, so.ma.ra, ru.rta, ba.sha.ka, skyu.ru, sle.tres, brag.zhun*
Nature: Cool
Uses: A name of a compound which cures swelling and pain in the joints of limps, rashes and itching, serum disorder, gout and rheumatic arthritis.

**སྤོས་ཁྱུང་བཅོ་ལྔ།**

*spos.khyung.bco.lnga*
poe kyung cho nga
Shorea Garuda Fifteen
Ingredients: *spos.dkar, ru.rta, thal.rdor, so.ma.ra, ba.sha.ka, a.ru, ba.ru, skyu.ru, sle.tres, brag.zhun, shu.dag, stod.dkar, gul.nag, sman.chen, gla.rtsi*
Nature: Cool
Uses: A compound which cures swelling of limp joints, rashes, gout, rheumatic arthritis, paralysis, contractiom and rigidity of limbs.

**སྤོས་ཆུས་བཀྲུ་བ།**

*spos.chus.bkru.ba*
poe chooe too wa

Bathing in scented herbal water

སྤྱང་ཀི།

*spyang.ki*
chang kee
Wolf (Canis lupus)
Uses: Its stomach increases digestive heat, and facilitates digestion and its tongue relieves swelling of the tongue.

སྤྱང་དུག

*spyang.dug*
chang dook
Wolf's bane (Aconitum heterophyllum)

སྤྱང་ཚེར།

*spyang.tsher*
chang tsher
Thistle (Morina betanicoides Benthe)

སྤྱང་ཚེར་དཀར་པོ།

*spyang.tsher.dkar.po*
chang tsher karpo
English Name: White thistle
Botanical Name: Morina kokonorica Hao
Uses: It is a *bad.kan* emetic and heals wounds and sores.

སྤྱང་ཚེར་ནག་པོ།

*spyang.tsher.nag.po*
chang tser nakpo
English Name:Black thistle
Botanical Name: Carduus acanthoides Linn
Uses: See *pyang.tsher.dkar.po*

སྤྱན་རས་གཟིགས།

*spyan.ras.gzigs*
chen rey sig
Avalokiteshvara;
Manifestation of Buddha's compassion

སྤྱི།

*spyi*
chee
General

སྤྱི་རྒྱུ།

*spyi.rgyu*
chee gyoo
General cause

སྤྱི་བཅོས།

*spyi.bcos*
chee choe

General treatment

སྤྱི་རྟགས།

*spyi.rtags*
chee tak
General signs and symptoms

སྤྱི་བོ།

*spyi.bo*
chee wo
Crown of the head (seat of the life- sustaining wind)

སྤྱི་བོ་བདེ་ཆེན་འཁོར་ལོ།

*spyi.bo.bde.chen.'khor.lo*
chee wo dechen khorlo
The wheel of great bliss at the crown
This wheel is called 'the wheel of great bliss', because the foundation of great bliss, the white Bodhicitta, abides mainly at the crown (*Tib. Tshangs.pa'i.bu.ga*; Lit. Brahmic fissure). It is located at the crown of the head (situated in the area beneath the top of the skull and just above the brain). It is multi-coloured: white, green, red and black and is triangular in shape.
It is believed that during the moment of liberation consciousness leaves the body through this exit point to merge with the Absolute (Brahman). It corresponds to the level of ultimate reality on the one hand and to the brain on the other.
In an ordinary person, this wheel is responsible for the higher mental functions, especially discernment (Buddha). In the yogin and yogini, its full potential manifests in the form of mystical experience and illumination.
The central channel is constricted by two side channels (*Roma* and *rKyang-ma*) making a knot. These channels branch off into four, eight and eventually into thirty two branch channels.

སྤྱི་བོའི་འཁོར་ལོ།

*spyi.bo'i.'khor.lo*
cheewoe Khorlo
The wheel of crown (crown chakra)

སྤྱི་གཙུག།

*spyi.gtsug*
chee tsook

The crown of the head

སྤྱི་ཞག

*spyi.zhag*
chee shak
Lit. General days

སྤྱི་བཞུར།

*spyi.bzhur*
chee shur
It is a synonym of *stab.seng* (Fraxinus suareolans W.W. Smith)

སྤྱི་ལོ།

*spyi.lo*
cheelo
Western year

སྤྱི་བཤལ།

*spyi.bshal*
chee shel
Purgation therapy in general– a part of the initial preparations for bile disorder treatment

སྤྱོད་རྒྱུད།

*spyod.rgyud*
choe gyue
The performance tantra One of the four tantras which stresses on a balanced approach in terms of external rites and internal mental activities

སྤྱོད་ལམ།

*spyod.lam*
choe lam
Behaviour, conduct

སྤྱོད་ལམ་དྲག་པོ།

*spyod.lam.drag.po*
choe lam drakpo
Strenuous activity or behaviour

སྤྱོད་ལམ་མི་འཕྲོད་པ།

*spyod.lam.mi.'phrod.pa*
choe lam mee toe pa
Incompatible conduct, unsuitable behaviour

སྤྲ་བ།

*spra.ba*
ta wa
Leontopodium franchetii Beauv, Anaphalis sp.

སྤྲ་རྒོད།

*spra.rgod*

tra goe
Botanical Name: Anaphalis triplinervis
Taste: Astringent
Potency: Neutral
Uses: It is used to treat epidemic diseases, toxicity, glandular diseases and haemorrhage. Moxa therapy is beneficial in treating *rLung* and cold diseases, serous fluid disorders, tumours, swelling, joint pains, madness, delirum, epileptic attack and paralysis of limbs.

སྤྲ་གཡུང་།

*spra.gyung*
ta yoong
Botanical Name: Anaphalis busua
Taste: Astringent
Potency: Neutral
Uses: See *(Spra.rgod)*

སྤྲི།

*spri*
tee
Cream from milk

སྤྲིས་མ།

*spris.ma*
tee ma
Scum; (cold disorders are indicated by thin scum and hot disorders by thick scum of the urine)

སྤྲུ་དཀར།

*spru.dkar*
too kar
Botanical Name: Heracleum caudicans
Taste: Bitter to hot
Potency: Neutral
Uses: It is used to treat bleeding, skin diseases, tumours, inflammation, pain caused by vulnerable fever, abdominal cramps caused by intestinal worms, internal cancer, and leprosy. Its seed is particularly beneficial in treating *rlung* disorders and relieving pain.

སྤྲུ་ནག

*spru.nak*
too nag
Botanical Name: Aralia Sp.
Taste: Bitter to hot
Potency: Neutral
Uses: It is used to treat diptheria, sudden swelling, epidemic or vulnerable diseases, sinusitis, tooth ache,

leprosy, constipation and haemorrhage.

སྤྲུ་སེར།

*spru,ser*

too ser

Botanical Name: Notopterygium incisum

སྤྲུལ་སྐུ།

*sprul.sku*

tool koo

Re-incarnation; enlightened beings who are reborn as human beings to serve others who suffer in the cycle of existence

སྤྲུལ་བ་པོ།

*sprul.ba.bo*

tool wa po

Emanator

སྤྲེལ།

*sprel*

tey

Monkey – one of the twelve animal signs in Tibetan astrology

སྤྲེལ་ཟླ་བ།

*sprel.zla.ba*

tey dawa

Monkey month, 5th month o the Tibetan Elementa Astrology

སྤྲེའུ།

*spre'u*

tey voo

Young monkey (Macaca sp.)

སྤྲོས།

*spros*

toe

To explain in detail; t elaborate

སྤྲོས་བྲལ།

*spros.bral*

toe del

Lack of extremes

# ཕ།

ཕ་སྤུན།

*pha.spun*
fa poon
Paternal relatives

ཕ་བང་དྲེག་པ།

*pha.bang.dreg.pa*
fa bang dek pa
It is a synonym of *rdo.dreg* (Parmela tinctorum Desps.)

ཕ་བང་ལོང་བུ།

*pha.bang.long.bu*
fa bang long boo
Latin Name: Pyrite (one kind)
Uses: It cures fractured bones, eye disorders and heals ruptured vessels and nerves.

ཕ་བོང་འདེགས་པ།

*pha.bong.'degs.pa*
fa bong dhek pa
Lifting boulders

ཕ་ཝང་།

*pha.wang*
fa wang
Syn. of *bya.wang* (flying squirrel)

ཕ་ཝང་ལོང་བུ།

*pha.wang.long.bu*
fa wang long boo
Latin Name: Cuprum Nativum (Pyrite )
Taste: Astringent
Potency: Hot
Uses: It is used to treat fractured bones, ruptured vessels and eye diseases.

ཕ་ལམ།

*pha.lam*
fa lam
Hindi Name: Dorag
English Name: Diamond
Scientific Name: Adamas
Taste: Astringent
Potency: Cool
Uses: It is used to dispel harmful evil spirits.

ཕ་ལྷ་གནོད།

*pha.lha.gnod*
fa lha noe
Harm from paternal deities

ཕག

*phag*

fak

Pig – one of the twelve animal signs in Tibetan astrology

ཕག་རྒོད།

*phag.rgod*

fak goe

Wild boar (Sus scrofa)

ཕག་པའི་བཅུད་ལེན།

*phag.pa'i bcud.len*

fak pey chue len

It is a synonym of *gar.nag* (pig's stool)

ཕག་བྲུན།

*phag.brun*

fak droon

Calcine of wild boar's dung

Uses: It is used to treat indigestion, septic disorders, infectious fever and bile tumours.

ཕག་ཞག

*phag.zhag*

fak shak

Lit. pig day

It occurs in 5th Tibetan Lunar month

If it rains during these days, the water becomes bad or poisonous, so one should avoid compounding medicines and works related with water.

ཕག་ཟླ་བ།

*phag.zla.ba*

fak dawa

Pig month, 8th month of the Tibetan Lunar Year

ཕག་ཤ།

*phag.sha*

fak sha

Pork

Taste: Sweet

Potency: Cool

Uses: It being cool and light in qualities is helpful in treating wounds, peptic ulcers and *bad.kan.smug.po.*

ཕན།

*phan*

fan

Beneficial

ཕན་པ་ཀུན་ལྡན།

*phan.pa.khun.ldan*

fenpa kunden

Possessing All Benefits
Ingredients: *se.'bru, sug.smel, ru.rta, bong.dkar, byi.tang.ga, gya'.kyi, rgya.tsha, gla.rtsi, thang.phrom.dkar.pa.tsa.'am.'bras.bu, shing.kun, ma.nu, gur.gum, pho.ba.ris, sdig.srin, rgyam.tsha, a.ru, thar.nu*
Nature: Cool
Uses: It is useful in treating diptheria, inflammation of the muscular tissues, tonsillitis and sinusitis.

ཕན་ཚུན་འཁོར་ལོ།

*phan.tshun.'khor.lo*
fen tshoon khorlo
The wheel of mutuality

ཕབས།

*phabs*
fab
A yeast used for fermenting Tibetan home-made ale (*chang*)
Uses: It cures indigestion, scattered tendons and ligaments, and swelling of an infant's navel, diseasess of the uterus and severe cold disease in women.

ཕར་ཕྱིན་ཐེག་པ།

*phar.phyin.theg.pa*
far chin thek pa
The perfection vehicle

ཕལ་བ།

*phal.ba*
fel wa
Ordinary, common (i.e. a physician ignorant of diagnostic method and meaning of medicine tantras)

ཕུག་པ་ལྷུན་གྲུབ་རྒྱ་མཚོ།

*phug.pa.lhun.grub.rgya.mtsho*
fukpa lhundup gyatso
Phukpa Lhundup Gyatso
He was a great astrologer who propounded the *Phug* system. He authored '*Pad.dkar.zhal. lung*' in 1447.

ཕུག་མ།

*phug.ma*
fuk ma
Chaff (of the grains)

ཕུག་རོན།

*phug.ron*
fuk ron

Pigeon or dove (Columba rupestris)

ཕུག་རོན་གསང་།

*phug.ron.gsang*
fuk ron sang
Triangular pigeon-size cavity on the chest

ཕུག་རོན་རྐང་།

*phug.ron.rkang*
fuk ron kang
It is a synonym of *re.skon* (Corydalis hendersonii Hemsl

ཕུང་པོ་ལྔ།

*phung.po.lnga*
fung po nga
The five aggregates

1) *gzugs*-Aggregate of form
2) *tshor.ba*-Aggregate of feeling
3) *'du.shes*-Aggregate of perception
4) *'du.byed*-Aggregate of compositional factors
5) *rnam.shes*-Aggregate of consciousness

ཕུན་ཚོགས་སྦྱོར།

*phun.tshogs.sbyor*
fun tsok jor
The combination of excellences
It refers to the connection between the element of the daily planet (weekdays) and the element of the constellation (moon constellation) i.e. wind and wind (weekday and moon constellation respectively)

ཕུར་དཀར།

*phur.dkar*
fur kar
Botanical Name: Micromeri tarosma (w.w.smith), Hand-Malc
Uses: It controls micro-organisms, heals rashes and other skin infections.

ཕུར་ནག

*phur.nag*
fur nak
Botanical Name: Artemisia Santolinifolia
Taste: Bitter to hot
Potency: Cool
Uses: It is used to treat epidemic or vulnerable diseases, diptheria, sudden swelling, abdominal cramps

caused by intestinal worms, inflamed rashes and pimples.

ཕུར་པ།

*phur.pa*
fur pa
Peg; three sided ritual dagger

ཕུར་བུ།

*phur.bu*
fur boo
Jupiter; it is the day of literature (*rig. gnas.gza'*)

ཕུར་སྨུག

*phur.smug*
fur muk
Elsholtzia Ciliata (Thunb) Hyland

ཕུར་ལེབ།

*phur.leb*
fur leb
It is a synonym of *ko.byi.la* (Strychnos nux-vomica L.

ཕོ་གྲེས།

*pho.gres*
fo dey
Iris Lactea Pall Var. Chinensis Maxim

ཕོ་གླང་།

*pho.glang*
fo lang
Pedicularis sp (a male kind)

ཕོ་རྒྱུའི་གཉན་གཞི།

*pho.rgyu'i.gnyan.gzhi*
fo gyue nyan shi
Gastritis
A condition characterised by inflammation of stomach and intestine

ཕོ་ཅོང་།

*pho.cong*
fo chong
Male lime stone

ཕོ་ལྕམ།

*pho.lcam*
fo cham
Althaea rosea (L) car
It is a male type of Malva verticillata Linn *(lcam.pa)*
Uses: It has medicinal value to promote appetites, control loss of reproductive fluids and restores loss of physical vitality.

ཕོ་ཉ།

*pha.nya*
fo nya
Messenger; (i.e. the one who comes to call the doctor)

ཕོ་གདོན།

*pho.gdon*
fo don
Male demon (There are three hundred and sixty of its kind)

ཕོ་བ།

*pha.ba*
fo wa
Stomach (the seat of fire like wind and the digestive bile)

ཕོ་བ་འཚིང་།

*pho.ba.'tshing*
fo wa tshing
Distension and heaviness of the stomach

ཕོ་བ་རིས།

*pho.ba.ris*
fo wa ree
Skt. Name: Kali mirch
Botanical Name: Piper nigrum Linn
Taste: Hot
Potency: Warm
Uses: It is used again dysfunctions of the liver a stomach, indigestion, anore and loss of bodily heat.

ཕོ་བ་རིས་དཀར་པོ།

*pho.ba.ris.dkar.po*
fo wa ree kar po
Moringa Sp. (lit. White pip nigrum Linn).
Uses: It promotes bodi heat, digestion, and treats *Ba Kan* and cold disorders.

ཕོ་བའི་ཆུ་རྩ་ཕྲན་བུ།

*pho.ba'i.chu.rta.phran.bu*
fo wey choo tsa ten boo
Minor water channels of tl stomach

ཕོ་བའི་གཉེན།

*pho.ba'i.gnyen*
fo wey nyen
It is a synonym of *se.'b* (Punica gran itum L.)

ཕོ་བའི་ནད།

*pho.ba'i.nad*
fo wey ney
Stomachic diseases

### ཕོ་བའི་ར་རྩ།

*pho.ba'i.ra.rtsa*
fo bey ra tsa
Blood-letting vessels of the stomach (lit. Antler of the stomach)

### ཕོ་མོ་འཁྲིག་པའི་ཆུ།

*pho.mo.'khrig.pa'i.chu*
fo mo trik pey choo
Vaginal secretion during sexual intercourse

### ཕོ་རྩ།

*pho.rtsa*
fo tsa
Male pulse
It is characterised by thick and bulky pulse movement (*sbom.la.rags.pa*).

### ཕོ་མཚན་འགྲམ་རྩ།

*pho.mtshan.gram.rtsa*
fo tshan dam tsa
Blood-letting vessels bordering penis

### ཕོ་མཚན་ནད།

*pho.mtshan.nad*
fo tshan ney
Male genital diseases

### ཕོ་ལོ་དྲུག

*pho.lo.drug*
fo lo drook
The six masculine animal signs According to the Elemental astrology system, the twelve animal signs are classified into two groups of masculine and feminine. The six masculine signs are:

1) Mouse (*byi*)
2) Tiger (*stag*)
3) Dragon (*'brug*)
4) Horse (*rta*)
5) Monkey (*sprel*)
6) Dog (*khyi*)

### ཕྱ་ཚན་གསུམ།

*phya.tshan.gsum*
cha tshen soom
A collective name for the stools of new born human baby, horses and dogs (*mi.rta.khyi.brun*) who haven't consumed milk

### ཕྱ་ལོན།

*phya.lon*
cha lon
Message of luck

ཕྱག་ན་རྡོར་རྗེ།

*phyag.na.rdo.rje*
chak na dorje
Vajrapani (lit. Vajra holder)
A Buddhisttva who embodies the power of all the Buddhas

ཕྱག་བྱེད་པ།

*phyag.byed.pa*
chak jey pa
To make obeisance, to prostrate

ཕྱི།

*phyi*
chee
External, Outside

ཕྱི་ལྗོན།

*phyi.ljon*
chee jon
Lit. outer tree
It refers to the superficial temporal blood letting veins.

ཕྱི་དུས་ཀྱི་འཁོར་ལོ།

*phyi.dus.kyi.'khor.lo*
chee due kee khorlo
External Kalachakra
It deals with the movement of the planets and positions of the sun, moon, planets etc.

ཕྱི་ནང་གཉིས་ཀ་གྲང་བ།

*phyi.nang.gnyis.ka.grang.ba*
chee nang nye ka dang wa
Cold inside and outside the body; feeling of cold both externally and internally

ཕྱི་སྣོད་ཀྱི་འཇིག་རྟེན།

*phyi.snod.kyi.jig.rten*
chee noe kee jigten
Physical world

ཕྱི་བ་བཅད་འབྱོར།

*phyi.ba.bcad.'byor*
chiwa che jor
It is a synonym of *brag.lcam* (Sedum tatarinowii Maxim)

ཕྱི་བའི་འཁོར།

*phyi.ba'i.'khor*
chee wey khor
Retinue of the outsiders

ཕྱི་དབུགས་ཆད།

*phyi.dbugs.chad*
chee ook chey

An extremely imminent sign of death when the patient fails to breath in the air thus losing the power of his life-sustaining inner wind

ཕྱི་འབྱུང་བ་ལྔ།

*phyi.'byung.ba.lnga*
chee jungwa nga
The five external elements
External elements are those observable in nature, their basis being space: wood (*shing*), fire (*me*), earth (*sa*), iron (*lcag*), and water (*chu*). Their qualities and the power pervade both the macro and micro-cosmic world.

ཕྱི་མ་རྒྱུད།

*phyi.ma.rgyud*
chee ma gyue
The Last Tantra or The Subsequent Tantra
It contains 25 chapters on therapeutic value.

ཕྱི་རྩ།

*phyi.rtsa*
chee tsa
The outer channels

ཕྱིར་ལྡོག

*phyir.ldog*
cheer dok
Retrograde, reverse motion; When a planets seen from the Earth, seems travelling backward through the Zodiac, it is so caled retrograde motion of a planet.

ཕྱུར་ཁུ།

*phyur.khu*
chur khu
Lit. soup of cheese; the watery liquid after the cheese is takenout
Uses: It cures phlegm without increasing wind and bile.

ཕྱུར་བ།

*phyur.ba*
choor wa
Cheese

ཕྱེ་མ།

*phye.ma*
che ma
Powder (i.e. powder medicine)

ཕྱེད་ཐིག་གཉིས་པ།

*phyed.thig.gnyis.pa*
che thik nyee pa
Secondary vertical bisectors

ཕྱེད་ཐིག་དང་པོ།

*phyed.thig.dang.po*
che thik dang po
Primary vertical bisectors

ཕྱེད་ཡོལ་ལུག

*phyed.yol.lug*
chey yol look
Sheep hours; afternoon (13-14 hrs)

ཕྱོགས།

*phyogs*
chok
Direction

ཕྱོགས་ཀྱི་སྟོབས།

*phyogs.kyi.stobs*
chok kee tob
Strength of the direction

ཕྱོགས་བཅུ།

*phyogs.bcu*
chok choo
Ten directions

འཕགས་པ།

*'phags.pa*
fak pa
Highly accomplished ascetics or Aryas

འཕགས་པ་འཇམ་དཔལ།

*'phags.pa.'jam.dpal*
fak pa jampel
Arya-manjushri, the god of wisdom who was present during Buddha's teaching on medicine

འཕང་།

*'phang*
fang
A spindle

འཕར་བ།

*'phar.ba*
far wa
1) Wild dog (Cuon alpinus pallar)
2) To bounce, to pulsate

འཕར་རྩ།

*'phar.rtsa*
far tsa
Arteries (pulsating arteries)

འཕར་རྩ་མཐུག་མཁྲེགས་ཆགས་པ།

*'phar.rtsa.mthug.mkhregs.chags.pa*

far tsa thook trek chak pa

Arteriosclerosis

A condition characterised by thickening and hardening of the arteries

འཕུང་སྲི།

*'phung.sri*

foong.see

Destructing-demon

འཕེལ་འགྱུར་སྦྱོར།

*'phel.'gyur.sbyor*

fel gyoor jor

The combination of progress

It refers to the meeting of two Fire-fire element on same day i.e. the element of the daily planet (weekday) and the element of the constellation. (moon constellation).

འཕེལ་བ།

*'phel.ba*

fel wa

Aggravation, increase (of bodily constituents, humours etc.)

འཕེལ་ཟད་འཁྲུགས་གསུམ་རྟགས།

*'phel.zad.'khrugs.gsum.rtags*

fel zey took soom tak

The three signs and symptoms of the aggravation (*'phel*), diminution (*zad*) and disturbance or vitiation (*'khrugs*) of humours

འཕོ་ཆུང་།

*'pho.chung*

fo choong

A small movement of breath

འཕོ་ཆེན།

*'pho.chen*

fo chen

A great movement of breath

It is made of five cycles of small breaths, each constituted by 360 breaths thus a total of 1,800 breaths

འཕོ་བ།

*'pho.ba*

fo wa

Movement; a cycle of breaths

འཕྱི་བ།

*'phyi.ba*

chee wa

Marmot
Its meat is used to treat cold associated wind disorders, stomach problems, renal disorders, headaches and pain in the waist region. It is also recommended for female diseases.

འཕྱེན།

*'phyen*
chen
Syn. of *rtug.dri* (flatulence)
A condition in which excess gas is present in the gastro-intestinal system.

འཕྱེན་བཀག

*'phyen.bkag*
chen kag
Suppression of flatulence

ཕྲ་དམན།

*phra.dman*
ta men
Mixture of two colours
Colours here refers to the four little animal signs (*tha.chung.bzhi)* i.e. Ox, sheep, dog and dragon). Ox- Blue green, Dragon-green red, Sheep-Red white and Dog-whitish blue

ཕྲ་སྲིན།

*phra.srin*
tra seen
Germs, bacteria (lit. very fine micro-organism)

ཕྲག་དོག

*phrag.dog*
trak dhok
Jealousy
An aspect of the mind that feels unhappy at other's good fortune and success.

ཕྲག་པ།

*phrag.pa*
trakpa
Shoulder

ཕྲག་པའི་ཆུ་ལེབ།

*phrag.pa'i.chu.leb*
trak pey choo leb
Flat tendons of the shoulder

ཕྲན་བུའི་ནད།

*phran.bu'i.nad*
tren bue ney
Minor diseases (miscellaneous disorders)

ཕྲལ་དུ་རྨས་པ།

*phral.du.rmas.pa*
trel doo mey pa
Sudden injury

ཕྲུ་གུ་མ་སྐྱེས་གོང་གི་བལྟ་སྐྱོང་།

*phru.gu.ma.skyes.gong.gi.blta.skyong*
troo goo me key gong kee ta kyong
Prenatal care (special care before the delivery of a child)

ཕྲུ་གུ་བཙོ་མི་ཐུབ་པའི་སྐྱེས་པ་དང་བུད་མེད།

*phru.gu.bzo.mi.thub.pa'i.skyes.pa.dang.bud.med*
troo goo zo me thub pey kye pa dang bue mey
Male and female infertility
It refers to inabilityof a man and woman to produce fertile sperm and ovum.

ཕྲུ་གུ་ཤོར་བ།

*phru.gu.shor.ba*
troo goo shor wa
Miscarriage
A spontaneous, premature termination of pregnancy

ཕྲེད་ཐིག

*phred.thig*
trey thik
Latitude
The position north or south of the equator measured from 0° to 90°

འཕྲི་བ།

*'phri.ba*
tree wa
Subtract, minus

འཕྲིན་པ།

*'phrin.pa*
treen pa
Information (means of information like pulse diagnosis)

འཕྲིན་ལས་རྣམ་པ་བཞི།

*'phrin.las.rnam.pa.bzhi*
trin lay nam pa shi
The four types of virtuous activities

1. *zhi.ba'i.las*-activity of peace
2. *rgyas.pa'i.las*-activity of increase
3. *dbang.gi.las*-activity of power

4. *drag.po'i.las*-activity of wrath

འཕྲིན་ལས་ལས་སྤྲུལ་བ།

*'phrin.las.las.sprul.ba*
trin lay lay tool wa
Emanation of Buddha's activities

འཕྲུལ་སྣང་།

*'phrul.snang*
trool nang
Illusion, false appearance, fantasy

འཕྲེང་བ་མ།

*'phreng.ba.ma*
teng wa ma
Skt. Mala (the offering goddess of garland)

འཕྲེད་ཐིག

*'phred.thig*
trey thik
Transverse horizontal lines

འཕྲེད་ཐིག་གཉིས་པ།

*'phred.thig.gnyis.pa*
trey thik nyee pa
Secondary transverse lines

འཕྲེད་ཐིག་དང་པོ།

*'phred.thig.dang.po*
tey thik dang pe
Primary transverse lines

འཕྲོད་བསྟེན།

*'phrod.bsten*
toe ten
Health, sanitation, hygiene

འཕྲོད་བསྟེན་ཡག་པོ།

*'phrod.bsten.yag.po*
troe ten yakpo
Good hygiene

འཕྲོད་སྦྱོར་ཉེར་བརྒྱད།

*'phrod.sbyor.nyer.brgyad*
troe jor nyer gey
The twenty eight great conjunctions (an astrological term for the harmony of influence in the destiny of an individual)

1) *kun.dga'* – He who pleases
2) *dud.kyi.dbyig* – Precious time
3) *dul.ba* – Mild / smooth/ refine
4) *skye.dgu* – Nine being
5) *gzhon* – Youth
6) *bya.rog* – Crow

7) *rgyal.mtshan* – Victory banner
8) *dpal.be'u* – Endless knot
9) *rdo.rje* – Vajra
10) *tho.ba* – Hammer
11) *gdugs* – Umbrella
12) *grogs* – Friends
13) *yid* – Mind
14) *'dod.bya* – Desire
15) *mgal.med* – Fire of a burning wood
16) *rtsa.bton* – Drawn out root
17) *'chi.bdag* – Lord of death
18) *mda'* – Arrow
19) *grub.pa* – Accomplish
20) *mdung* – Spear
21) *bdud.rtsi* – Nectar
22) *gtun.shing* – Club
23) *glang.po* – Elephant
24) *stag.myos* – Intoxicated tiger
25) *zad* – Depletion
26) *gyo* – Mobile; cunning
27) *brtan* – Stability
28) *'phel.ba* – Growth, expand

### འཕྲོད་ལམ།

*'phrod.lam*
troe lam
Favourable/suitable or compatible path

# བ།

### བ།

*ba*
ba
Cow
Uses: Its milk is good for punctured lungs, respiratory problems and chronic lung disorders, whereas its meat is helpful in curing fever associated with *rlung* due to its heavy and cool qualities.

### བ་མཁལ་སྨུག་པོ།

*ba.mkhal.smug.po*
bakhel mukpo
It is a synonym of *mchin.pa.zho.sha* (Entada phaseoloides (L) Mepp)

### བ་དན།

*ba.dan*
ba den
Flags; prayer flags

### བ་དམ།

*ba.dam*

ba dam
English Name: Ground nut or peanut
Taste: Sweet
Potency: Warm
Uses: It is rich in iron, calcium and vitamin and enhances heat in the body, promotes physical strength and cures *rlung* diseases, skin and nervous system disorders. However, one must avoid peanut if one suffers from obesity, heart problem, sore throat or other throat related problems.

བ་ནུ།

*ba.nu*
banu
Hindi Name: Pathar bhere
Botanical Name: Stalactitum
Taste: Astringent
Potency: Hot
Uses: It is a mineral medicine and heals ligaments and tendons damaged by injury.

བ་སྤུ།

*ba.spu*
ba poo
Fine hair on the body

བ་སྤྲུ།

*ba.spru*
ba troo
Skt. Name: Kuth mitha
Hindi Name: Gulbhashi/ Nagla
Botanical Name: Mirabilis himalaica
Taste: Sweet to hot
Potency: Warm
Uses: It is recommended for diminished digestive heat, first stage of dropsy, kidney disorders, debility and accumulation of lymph in the joints.

བ་བླ།

*ba.bla*
ba la
Hindi Name: Pila pathar
Latin Name: Auripimentum
Taste: Bitter
Potency: Hot
Uses: It has medicinal value to subside glandular fever and heals septic wounds.

བ་མོ།

*ba.mo*
bamo
Frost

བ་ཚ།

*ba.tsha*
ba tsah
Alkali or soda

བ་ཚའི་ཆུ།

*ba.tsha'i.chu*
ba tshey choo
Sea water

བ་རའི་ཞོ་དར།

*ba.ra'i.zho.dar*
ba rey sho dar
Curd and whey from cow and goat's milk

བ་རུ་ར།

*ba.ru.ra*
ba roo ra
Skt. Name: Bahera, vibhitika
Hindi Name: Bahera chilka
Botanical Name: Terminalia belerica Roxb
Taste: Astringent
Potency: Neutral
Uses: It is one of the three supreme medicinal fruits. It cures phlegm and bile combined disorders, dries excess lymph accumulation and heals skin diseases.

བ་ལང་ལྕ་བ།

*ba.lang.lca.ba*
ba lang chawa
Anthriscus nemorosa (M. Sieb.) Spreng
Taste: Bitter
Uses: It cures wind disorder and is beneficial for swelling if applied externally.

བ་ལང་སྤྱོད།

*ba.lang.spyod*
balang choe
Bountiful cow

བ་ལུ།

*ba.lu*
balu
Skt. Name: Talee patt
Botanical Name: Rhododendron primulaeflorum Bur. Et. Franch
Taste: Astringent
Potency: Warm
Uses: It restores bodily heat, promotes appetite, cures indigestion and diseases due to collision of hot and cold elements.

བ་ལེ་ཀ།

*ba.le.ka*
bale ka
English Name: Birth wort
Botanical Name: Aristolochia Moupinessis
Taste: Bitter
Potency: Cool to coarse
Uses: It is recommended for pneumonitis, hepatitis, intestinal inflammation, spasms, excess impure blood and complications due to blood disorders.

བ་ཤ་ཀ།

*ba.sha.ka*
basha ka
Skt. Name: Vasaka
Hindi Name: Adusa
English Name: Adosa Malabar Nut Tree
Botanical Name: Adhatoda vasica
Family: Acanthaceae
Taste: Bitter
Potency: Cool
Uses: It subside all kinds of blood fever, controls excess of impure blood and painful infectious fever, liver disorders, bile diseases and poisoning.

བ་གསར་ལྕི་བ།

*ba.gsar.lci.ba*
basar chiwa
Dung of a young calf (Bos taurus)

བག་གྲིབ།

*bag.grib*
bak dib
Defilement brought about by assembly of people in a marriage

བག་ཆགས།

*bag.chags*
bak chak
Habits or propensities of former lives, karmic imprints

བག་ཕྱེ།

*bag.phye*
bak che
Wheat flour (Triticum)

བག་མའི་གནམ་སྒོ།

*bag.ma'i.gnam.sgo*
bak mey nam go
Lit. the sky door of the marriage
It refers to a day i.e. 7th, 17th and 27th lunar dates which is

called the sky door of the marriage and are inauspicious for both sending and receiving of bride and groom.

བག་རྩིས།

*bag.rtsis*
bak tsi
Marital astrology
It predicts favourable days for wedding and compatibility of the couple. It also suggests remedial measures to dispel obstacles and bad lucks.

བང་རྒྱུག་པ།

*bang.rgyug.pa*
bang gyuk pa
Racing

བང་ང་།

*bang.nga*
bang nga
Shelf
It is one of the five astrologer's soul stones (*bla.rdo*).

བད་ཀན།

*bad.kan*
bay ken
Phlegm, Skt. kapha
One of the three principle humours, which regulates the body fluid
It broadly refers to biological water principle formed predominantly from earth and water elements. The general location of *Bad-kan* is the brain and upper part of the body. There are five types:

1) Supporting Phlegm (*rten.byed.bad.kan* )
2) Decomposing Phlegm (*myag.byed.bad.kan*)
3) Experiencing Phlegm (*myong.byed.bad.kan*)
4) Satisfying Phlegm (*tsim.byed.bad.kan*)
5) Connecting Phlegm (*'byor.byed.bad.kan*)

བད་ཀན་སྐེམ་པ།

*bad.kan.skem.pa*
bay ken kem pa
Dehydration of phlegm

བད་ཀན་རྟེན་བྱེད།

*bad.kan.rten.byed*
bay ken ten jey
Supportive Phlegm, Skt. Avalambaka-kapha

*Location:* Thoracic and stomach
*Function:* Regulates the bodily fluids, maintains moisture level of the body, supports and nourishes remaining four types of *Bad-kan* and liquifies foods.
*Negative Actions:* When this *Bad-kan* is out of balance, it causes loss of appetite, vomiting of sour fluid, gastritis (inflammation of the stomach) and ulcers in small intestine, impairment of digestive process, heaviness of the abdomen and nausea.

བད་ཀན་འབྱོར་བྱེད།

*bad.kan.'byor.byed*
bay ken jor jey
Connective Phlegm, Skt. slesaka-kapha
*Location:* Joints
*Function:* It connects various bodily joints, lubricates and gives them their solidity, protects the joints from external factors like heat, gives ease and flexibility of movement and enhances stretching and retraction power of the limbs.
*Negative Actions:* When this Bad-kan is out of balance, it causes swollen and painful joints, difficulty in stretching and retracting the limbs, and weakness of the joints.

བད་ཀན་མྱག་བྱེད།

*bad.kan.myag.byed*
bay ken nyak jey
Decomposing Phlegm, Skt. kledaka-kapha
*Location:* Epigastric region (upper region of the stomach)
*Function:* Breaking down of solid food into semi-liquid state, mixing the decomposed food for proper digestion.
*Negative Actions:* When this *Bad-kan* is out of balance, it causes poor digestion; frequent belching, vomiting, laziness and lethargy.

བད་ཀན་མྱོང་བྱེད།

*bad.kan.myong.byed*
bay ken nyong jey
Experiencing Phlegm, Skt. bodhaka-kapha
*Location:* Tongue
*Function:* Sends water to the tongue and palate, gives

perception of tastes and registers each of the six tastes and sends respective impulses. *Negative Actions:* When this *Bad-kan* is out of balance, it causes lose of the sense of taste, lack of thirst, anorexia, obesity, cold feeling in the tongue and roughness of the voice

## བད་ཀན་སྨུག་པོ།

*bad.kan.smug.po*
bay kan mook po
Brown Phlegm
A disease which belongs to the category of complex *bad-kan* diseases. It arises when all three humours-*rLung, mkhrispa, Badkan;* and blood and serum are disturbed and become intermingled. It has two major types, which may be hot or cold.
1. Hot *Bad-kan smug po (bad-kan.smug.po.yas.babs)*; a disease characterised by proliferation of impure blood that generates in the liver and small intestine
2. Cold *Bad-kan smug po (bad-kan.smug.po.mas.chags)*; a disease characterised by weakening the power of digestive *mkhrispa* and the fire like *rlung* in the stomach and disrupts the digestive process

## བད་ཀན་རྩ།

*bad.kan.rtsa*
bay ken tsa
Pulse indicating phelgm
The qualities of phlegmic pulse is sunken, weak and slow (*bhying.gud.dhal.ba*).

## བད་ཀན་ཚིམ་བྱེད།

*bad.kan.tshim.byed*
bay ken tsim jey
Satisfying Phlegm, Skt. tarpaka-kapha
*Location:* Head
*Function:* It is responsible for bringing satisfaction to five senses by increasing the power of five senses to perceive their various objects better.
*Negative Actions*: When this *Bad-kan* is out of balance, it causes impairment of sense organs, loss of memory, dullness of sensory perceptions, visual distortion, heaviness of the head, and problems in nervous system.

བད་ཀན་ལེའུ།

*bad.kan.le.'u*
bay ken le voo
The chapter on phlegm
The fourth chapter of The Oral Tantra, where the diagnosis and treatment of phlegm disorders are explained.

བད་ཀན་གཤའ་རིངས།

*bad.kan.gsha'.rings*
bay ken sha ring
Long phlegm vein running along the arms

བན་དེ།

*ban.de*
ban de
A Buddhist monk

བབས་སྤར།

*babs.spar*
bab par
Derived *'parkha'*, changeable *'parkha'*
It is a *parkha* which change every year and does not remain constant.

བབས་སྨེ།

*babs.sme*
bab me
Changeable *'sMeba'* (magic square number)
It changes every year but natal *'sMeba'* remains constant in the entire life.

བར་ཁྱད།

*bar.khyad*
bar khey
Difference

བར་དོ།

*bar.do*
bar doh
Intermediate state between death and rebirth

བར་རྩ།

*bar.rtsa*
bar tsa
The intermediate channels

བལ་པོ་གུར་གུམ།

*bal.po.gur.gum*
bal po gur gum
Nepalese saf flower/ Carthamus tinctorius

བལ་པོའི་ལི་ཁྲི།

*bal.po'i.li.khri*
bal poe liti
Nepalese minimum

བིག་པན།

*big.pan*
bik pen
Skt. Name: Nilathota
English Name: Blue vitriol
Scientific Name: Chalcanthitum
Taste: Sour to astringent
Potency: Cool
Uses: It treats cancer and eliminates tumour, abscess, leucoma, eye disorders, ulcers, pimples and disorders of the mouth.

བིལ་བ།

*bil.ba*
bil wa
Skt. Name: Bilvah
Hindi Name: Bael
English Name: Bengal quince
Botanical Name: Aegle marmela (L) Correa
Taste: Sour and astringent
Potency: Neutral
Uses: It cures dysentary due to hot disorder.

བུ།

*bu*
Boo
Child, son

བུ་ག་དགུ

*bu.ga.dgu*
buga ku
Nine orifices
The nine orifices of the body There are seven external openings in the head and two in the bottom. Woman have three extra openings- two at breast and one at vagina.

བུ་ཅོང་།

*bu.cong*
bu chong
'Male' lime stone

བུ་སྟོན།

*bu.ston*
bu ton
Buton (1290-1364) was a great scholar of Tibet who authored numerous Buddhist texts and books including Jewellry of Scripture, Prajnaparanita in Tibetan Buddhism and History of Buddism in India and Tibet.

བུ་ནད།

*bu.nad*
bu ney
Illnesses associated with women after the childbirth

བུ་སྣོད།

*bu.snod*
bu noe
Uterus

བུ་མེད་ཀྱི་རྒྱུད་སྤེལ་རྣམ་བཞག

*bu.med.kyi.rgyud.spel.rnam.bzhag*
bue mey ki gyoo pel nam shak
The female reproductive system

བུ་མེད་བཙལ།

*bu.med.btsal*
bu mey tsel
Fertility, lit. Selection of women

བུ་མོ།

*bu.mo*
boo mo
1) Virgo – one of the twelve zodiac signs and is symbolized by a girl
2) Girl/female

བུ་མོ་ཅོང་།

*bu.mo.cong*
bu mo chong
'Female' lime stone

བུ་བཙས་རྗེས།

*bu.btsas.rjes*
bu tsey jey
Postnatal conditions

བུ་རམ།

*bu.ram*
boo ram
Jaggery, Brown suger, Molasses
Taste: Sweet
Potency: Heavy and oily
Uses: It is used for treating *rLung* disorders and cold diseases.

བུ་རམ་བསྒར་བ།

*bu.rams.bsgar.ba*
boo ram gar wa
Boiling molasses (saccharum officinarum)

བུད་ཤིང་།

*bud.shing*
bue shing
Fire wood

བུམ་སྟོང་།

*bum.stong*
boom tong
Lit. Empty vase
It is a kind of spirit which appears in each month at a particular direction and considered to be inauspicious. One should avoid sending corpse and other important acitivites towards this direction.

བུམ་པ།

*bum.pa*
boompa
Aquarius – one of the twelve zodiac signs and is symbolized by a water bearer

བུར་ཆང་།

*bur.chang*
boor chang
Wine prepared from molasses

བུར་ཤིང་།

*bur.shing*
boor shing
Sugar cane

བུལ་ཏོག

*bul.tog* -
bool tok
Scientific Name: Trona
Taste: Sweet to salty
Potency: Slightly hot
Uses: It is recommended for indigestion, flatulence, tumours, abdominal cramps, septic wounds and acts as an anthelmintic. It treats necrosis, (undigested) *'tsampa'* and poisoning.

བེ་ཁུར།

*be.khur*
bey khoor
It is a synonym of *tha.ram* (Plantago depressa Wild)

བེ་ལྗང་རེ་རལ།

*be.ljang.re.ral*
be jang rerel
Botanical Name: Drynaria sp.
Taste: Sweet and Bitter
Potency: Cool
Uses: It is used against meat poisoning, compounded poisoning, mineral (precious metals and gem) poisoning and herb poisoning.

བེ་ཌཱུརྱ།

*be.dur.ya*
be dur ya
Lapis lazuli
The medicinal Buddha (*Sang.rgyas.sman.bla*) bears the colour of Lapis lazuli. Like the sky, it is immeasurably vast, clear, pure, bright, glorious, stable and magnificient.

བེ་ཌཱུརྱ་སྔོན་པོ།

*be.dur.ya.sngon.po*
be dur ya ngon po
Famed commentary on *rGyud.bZhi* (The Four Tantra) by Desi Sangye Gyatso (1653-1705)

བེ་དོའི་འབྲས་བུ།

*ba.doi.'bras.bu*
bo doe dey poo
Prunus sp.

བེལ་སྣབས།

*bel.snabs*
bel nab
Scientific Name: Chalcedony
Taste: Sweet
Uses: It treats broken bones and swelling of the glands.

བོང་དཀར།

*bong.dkar*
bong kar
Skt. Name: Atvisha
English Name: White aconite
Botanical Name: Aconitum heterophyllum
Taste: Bitter
Potency: Cool
Uses: It treats infectious fever, bile fever, inflammation of the intestines and is an antidote against snake and scorpion bites.

བོང་ང་ནག་པོ།

*bong.nga.nag.po*
bong nga nakpo
Botanical Name: Aconitum richardsonianum Lauener Var Crispulum
Taste: Sweet and hot
Potency: Warm and highly poisonous
Uses: It relieves swelling and pain in the joints associated with arthritis, gout, inflammation, beneficial against loss of body heat, leprosy, paralysis, dries pus and is used against intestinal worms and cardiac disorders associated with *rlung*.

བོང་བུ།

*bong.bu*
bong boo
Donkey, Equus asinus

བོང་མིག

*bong.mig*
bong mik
Equus hemionus ( Hoof), Skt. Khara

བོང་དམར།

*bong.dmar*
bong mar
English Name: Red aconite
Botanical Name: Aconitum Creagromrphum
Taste: Bitter
Potency: Cool
Uses: It is an antidote against food poisoning and is specifically recommended for meat poisoning, natural poisoning (venom, plants toxic), *mkhris.pa* disorders and contagious fever.

བོང་སེར།

*bong.ser*
bongser
Trollius ranunculoides Hemsl.

བོད་སྐད།

*bod.skad*
boe key
Tibetan language

བོད་གུར།

*bod.gur*
boe goor
Tibetan marigold, Calendula Officinalis

བོད་མཚལ།

*bod.mtshal*
boe tsel
Tibetan cinnabar, Mercuric sulphide

བོལ་གོང་འགུལ་རྩ།

*bol.gong.'gul.rtsa*
bol gong gool tsa
Vulnerable dorsal arteries of the feet

བྱ།

*bya*
ja
Bird; one of the twelve animal signs inTibetan astrology

## བྱ་རྐང་།

*bya.rkang*
ja kang
Skt. Name: Dakhangu
Hindi Name: Asbarg
English Name: Larkspur
Botanical Name: Delphinium grandiflorum
Taste: Bitter
Potency: Cool
Uses: It controls diarrhoea, dries pus in wounds and is useful in treating lice infestation.

## བྱ་ཁུད་བདུད་རྩི་གསུམ་སྦྱོར།

*bya.khud.bdud.rtsi.gsum.sbyor*
ja khue due tsi sum jor
Compound of three nectars
Uses: It is mainly used to heal head injuries due to accidents and other causes, and fractured bones.

## བྱ་དེ།

*bya.de*
ja deh
Chicken ( meat)
Taste: Sweet
Potency: Warm and slightly light
Uses: It increases the sperm production and heals wounds.

## བྱ་བ་གྲུབ་པའི་ཡེ་ཤེས།

*bya.ba.grub.pa'i.ye.shes*
ja wa doop pey yeshe
Skt. Krtyanusthana-jnana, Pristine wisdom of accomplishing aims or tasks

## བྱ་གླག

*bya.glag*
ja lak
White-tailed eagle

## བྱ་རྒོད།

*bya.rgod*
ja goe
Vulture
The Four Tantra explains that people with a predominance of wind have the characteristic of vulture.

## བྱ་རྒོད་སྤོས།

*bya.rgod.spos*
ja goe poe
Skt. Name: Tagara, Kasturi,
Botanical Name: Delphinium brunonianum
Taste: Bitter to hot
Potency: Cool
Uses: It is used against frequent occurrence of common cold and fever due

to poisoning, pathogens induced skin diseases, pruritis, *mkhris-pa* disorders, diseases caused by evil spirits and heals insect bites.

## བྱ་རྒོད་སུག་པ།

*bya.rgod.sug.pa*
ja goe suk pa
Botanical Name: Saussurea medusa Maxim
Uses: It heals crannial injury, relieves pain due to fever, heals fits and epilepsy and restores physical strength.

## བྱ་རྒྱུད།

*bya.rgyud*
ja gyue
The Action Tantra; one of the four tantras which stresses on purifying external activities

## བྱ་འདབ།

*bya.'dab*
ja dab
Vertebral transverse processes

## བྱ་གདོང་།

*bya.gdong*
ja dhong
Bird-faced demoness (lit. bird-face)

## བྱ་ནག

*bya.nag*
ja nak
Black crow (corvus corax tibetanus Hodgson)

## བྱ་ཕོ།

*bya.pho*
ja fo
Cock (a symbol of desire in the Wheel of Life)

## བྱ་ཕོ་ཙི།

*bya.pho.tsi*
ja fo tsi
Ceratostigma griffithii C.B. clarke

## བྱ་བྱེད་སྨན་པའི་གནས།

*bya.byed.sman.pa'i.gnas*
ja jey men pey ney
A section on the description of physicians

## བྱ་མ་བྱིའུ།

*bya.ma.byi.'u*
ja ma ji vu
Flying squirrel

**བྱ་མ་བྱའི་སྒྲོ།**

*bya.ma.bya'i.sgro*
ja ma jey dro
Feather of a flying squirrel (petaurista petaurista)

**བྱ་སྨྱང་།**

*bya.myang*
ja nyang
Frequent sighing and stretching of limbs (symptomatic of diseases caused by pervasive wind entering the channels)

**བྱ་ཝང་།**

*bya.wang*
ja wang
Nightjar, bat, perdix sp.

**བྱ་ཟླ་བ།**

*bya.zla.ba*
ja dawa
Bird month, 6th month according to the Tibetan elemental astrology system

**བྱ་རོག**

*bya.rog*
ja rok
Raven

**བྱ་རོག་གསང་།**

*bya.rog.gsang*
ja rok sang
Crow's points
Location: distance of 5 *sor* downwards from the jugular notch and then 1 *tshun* and 1 *phun* towards the right and left

**བྱང་།**

*byang*
jang
North

**བྱང་སྐར་བདུན།**

*byang.skar.bdun*
jang kar dun
The seven constellations of the north
1) *mon gre*, 2) *mon gru*, 3) *khrum stod*, 4) *khrum smad*, 5) *nam gru*, 6) *tha skar*, 7) *bra nye*

**བྱང་སྐར་སྤུན་བདུན།**

*byang.skar.pun.bdun*
jang kar pun doon
Lit. the seven relative stars of the north/Ursa major (The Great Bear) in the northern hemisphere which is one of the most familiar and easily recognizable constellations

བྱང་ཁོག་རྨ།

*byang.khog.rma*
jang khok ma
Abdominal wounds (upper and lower)

བྱང་ཁོག་ཡུལ་ཐིག

*byang.khog.yul.thig*
jang khog yul thik
Anatonimal grid:
1) Anatomical grid-anterior view
2) Anatomical grid-posterior view

བྱང་བགྲོད།

*byang.bgrod*
jang droe
North latitude, the sun's declination towards the north
A period when the days become longer and nights shorter.

བྱང་ཆུབ།

*byang.chub*
jangchub
Boddhi, perfection

བྱང་ཆུབ་ཀྱི་སེམས།

*byang.chub.kyi.sems*
jangchub ki sem
Bodhicitta mind, Enlightened mind

བྱང་ཆུབ་སེམས་པ།

*byang.chub.sems.pa*
jangchup sempa
Bodhisattva, Enlightened being

བྱང་ཆུབ་སེམས་རྩ།

*byang.chub.sems.rtsa*
jangchup sem tsa
Bodhicitta pulse
It is also called neutral pulse and is characterised by long, continuum, smooth and flexible pulse mpvement

བྱང་པ།

*byang.pa*
jang pa
"Beetle" cantharide, Mylabris sp. (Spanish fly)
Uses: It is good for cleansing the channels.

བྱང་པ་རྣམ་རྒྱལ་གྲགས་བཟང་།

*byang.pa.rnam.rgyal.grags.bzang*
jangpa namgyal dakzang
Jangpa Namgyal Daksang
He was a famous 14th century

Tibetan Scholar. He was born in Tsang and became proficient in all the major sciences. He authored many books on Tibetan medicine including Essence of the Eight Branches; Clear Light Explanation of the Root Tantra; River of Nectar: The Explanation of Oral Tantra and Wishfulfilling Explanation of the Last Tantra. He passed away at the age of 81.

བྱང་སེམས་འཇམ་དབྱངས།

*byang.sems.'jam.dbyangs*
jang sem jamyang
Bodhisattva Manjushri

བྱང་སེམས་ལྡན།

*byang.sems.ldan*
jang sem dhen
Bearing the enlightened mind (to develop a positive and caring attitude the doctors must possess the enlightened mind)

བྱང་སེམས་སྤྱན་རས་གཟིགས།

*byang.sems.spyan.ras.gzigs*
jang sem chenre zig
Bodhisattve Avalokitesvara; the Buddha of compassion

བྱང་སེམས་སའི་སྙིང་པོ།

*byang.sems.sa'i.snying.po*
jang sem sey nyingpo
Bodhisattva Ksitigarbha

བྱད་སྟེམས།

*byad.stems*
je tem
Curse, Maledictory spirits

བྱམས་པ།

*byams.pa*
jam pa
Compassion; an aspect of the mind that wishes all living beings to be free from suffering and the causes of suffering and to be completely happy
It is the most essential quality of a physician. Its importance and practice is clearly explained in 31" chapter of The Explanatory Tantra. It is one of the four boundless practices of Tibetan physicians.

བྱར་པཎ་ཆུ་རྩི།

*byar.pan.chu.rtsi*
jarpen chu tsi

Chamaenerion anguslifolium (L.) Scop.
Taste: Bitter
Potency: Cool
Uses: It can cure development of fever in elephantiasis and arthritis, pimples, itching and pain.

## བྱི་ཁུང་ཤར་བལྟའི་ས།

*byi.khung.shar.blta'i.sa*
ji khoong shar tey sa
Earth of a mouse-hole facing east, earth from rats dwelling place facing east

## བྱི་ཏང་ག

*byi.tang.ga*
ji tang ga
Skt. Name: Vidanga
Hindi Name: Bhabhiramg
English Name: False black pepper
Botanical Name: Embelica ribes
Taste: Hot to sour
Potency: Neutral
Uses: It restores impaired digestive heat, controls parasitic infestations and remedies first stage dropsy.

## བྱི་ཏང་བདུན་པ།

*byi.tang.bdun.pa*
ji tang dunpa
Embelica seven
Ingredients: *byi.tang.ga, sgog.thal, ma.ru.rtse, so.ma.ra.dza, dres.'bu, phur.thal, gla.rtsi*
Nature: Warm
Uses: A compound which relieves severe pain in the stomach, perspiration, piles, anal prolapse, infection and passing blood with excrement.

## བྱི་ཐུར།

*byi.thur*
ji thur
Procupine, Hedgehog, Erinaceus sp.

## བྱི་ན་ས།

*byi.na.sa*
jinasa
Botanical Name: Polygonum aviculare Linn
Uses: It has medicinal value to cure water retention, pain while passing urine, skin diseases and cold disorders of bile.

བྱི་བ།

*byi.ba*
ji wa
Mouse or rat, it is one of the twelve animal signs in Tibetan astrology

བྱི་ཚ་ལ་ཕུག

*byi.tsha.la.phug*
ji tsa la fook
Botanical Name: Dilophia fontana Maxim

བྱི་ཚེར།

*byi.tsher*
ji tsher
Hindi Name: Shankhahuli
Botanical Name: Xanthium indicum
Taste: Bitter
Potency: Cool
Uses: It is used against infectious common cold and hot disorders of the kidneys, *rlung* diseases and flatulence.

བྱི་ཚེར་དཀར་པོ།

*byi.tsher.dkar.po*
ji tser kar po
Botanical Name: Morina aiba Hand-Mazz
Uses: It treats diseases caused by poison, subside infectious fever, and cures kidney diseases and water retention.

བྱི་བཟུང་།

*byi.bzung*
ji soong
Botanical Name: Arctium lappa Linn
Taste: Hot and astringent
Potency: Warm
Uses: It treats gallstone, nervous disorders and latent epidemics.

བྱི་ཟླ་བ།

*byi.zla.ba*
ji dawa
Mouse month; 9th month according to Tibetan Elemental astrology system

བྱི་རུག་ནག་པོ།

*byi.rug.nag.po*
jiruk nak po
Botanical Name: Elsholtzia Ciliata
Taste: Hot and astringent
Potency: Warm
Uses: It controls microorganisms both in and

outside the body, treats *Bad-kan;* abscess and ringworm.

བྱི་རུག་སེར་པོ།

*byi.rug.ser.po*
jiruk ser po
Botanical Name: Elsholtzia eriostachya (Benth)
Taste: Hot and astringent
Potency: Warm
Uses: It is used against all kinds of pathogenic diseases in the anus, uterus, skin, gastro-enteric region and rashes. It prevents infection of the wound if applied externally in the summer.

བྱི་ལ།

*byi.la*
jila
Cat (Felis catus domestica)

བྱི་ལ་འཇབ་པ།

*byi.la.'jab.pa*
jila jab pa
Creeping cat

བྱི་ཤང་དཀར་མོ།

*byi.shang.dkar.mo*
ji shang kar mo
Botanical Name: Arenaria lancangensis L.H. Zhou
Uses: It cures lung fever, external tumours if applied to wounds.

བྱིང་བྱིང་ཐུ་ལུ།

*bying.bying.thu.lu*
jing jing thulu
English Name: Dung beetle
Scientific Name: Euplypnaga sinensis Walker
Uses: It is used against stomach cramps.

བྱིན་ཀྱོག

*byin.kyog*
jin kyok
Calf's bend (blood letting branch of thesaphenous veins)

བྱིན་གཞུག

*byin.gzhug*
jin shug
Blood letting branches of the saphenous veins above the ankles; Lit. calf's tail

བྱིན་རླབས།

*byin.rlabs*
jin lab

Blessing, positive energy from holy beings which transforms our weakness into strength

བྱི་ཝུ།

*byi.'u*

ji voo

Lit. child bird, Small sparrow

བྱི་ཝུ་མགོ

*byi.'u.mgo*

ji voo go

Scientific Name: Fossilia spiriferis

Taste: Sweet

Potency: Cool

Uses: It cures weak bones, skull fractures, wounds and dries excess lymphatic fluid secretions.

བྱི་ཝུ་ལ་ཕུག

*byi.'u.la.phug*

ji vu la fook

Botanical Name: Arabidopsis himalaica

Taste: Hot

Potency: Warm

Uses: It is used against indigestion and meat poisoning.

བྱིས་གདོན།

*byis.gdon*

ji dhon

Seizure of infants by evil spirits

བྱིས་ནད།

*byis.nad*

ji ney

Paediatric disease

བྱིས་པ།

*byis.pa*

jipa

Children upto age of sixteen years

The treatments related with paediatric diseases are described in the 71st, 72nd and 73rd chapter of The Oral Tantra.

བྱིས་པ་ཉེར་སྤྱོད།

*byis.pa.nyer.spyod*

jipa nyer choe

Paediatric management, child rearing

བྱིས་ཚེར།

*byis.tsher*

ji tser

Xanthium sibiricum patr.

# བྱུ་རུ།

*byu.ru*
juru
Hindi Name: Mooga, Paravala
English Name: Coral
Latin Name: Corallium rubrum
Taste: Astringent to sweet
Potency: Cool
Uses: It treats hepatitic fever, channel fever, cranial nerve disease, fever due to poisoning, fainting and anxiety.

# བྱུགས་པ།

*byugs.pa*
jook pa
Ointment application, massage theraphy

# བྱུར་ཐག་ཉི་ཤུ།

*byur.thag.nyi.shu*
jur thak nyi shu
Lit. 20 inauspicious ropes; Twenty unfavourable things

# བྱེ་མ་ཀ་ར།

*bye.ma.ka.ra*
je ma ka ra
Sugar

# བྱེ་མ་དཀྱུས་མ།

*bye.ma.kyus.ma*
je ma kyue ma
Ordinary sand

# བྲ་བོ།

*bra.bo*
dra wo
English Name: Buck wheat
Botanical Name: Fagopyrum tataricum
Taste: Sweet
Potency: Cool to light
Uses: Raw buck wheat gives rise to *rlung, mkhris-pa* and *bad-kan* diseases and but it treats wounds, disintegrates blood tumour and cancerous growth, draws out pus, treats *bad.kan.smug.po* and hangover.

# བྲ་མ།

*bra.ma*
dra ma
Caragana brevifolia Kom
Taste: Sweet
Uses: It cures fevers in the channels and muscle tissues.

## བྲ་མ་ཤིང་།

*bra.ma.shing*
drama shing
Botanical Name: Caragana sp.
Taste: Bitter
Potency: Cool
Uses: It is useful in the treatment of inflammation of muscles and nerves. It is also used to treat other nervous disorders and can be used as an emetic.

## བྲག

*brag*
drak
Rocky hill

## བྲག་སྐྱ་ཧ་བོ།

*brag.skya.ha.bo*
drak kya ha wo
Botanical Name:
Corallodiscus kingionus (Crcud) Burtt
Taste: Bitter to sweet
Potency: Cool
Uses: It subside fever due to poisoning, kidney diseases and controls dysentry caused by hot disorder.

## བྲག་ཁྱུང་།

*brag.khyung*
drak kyung
Mineral Exudate Garuda
Ingredients: *brag.zhun, gla.rtsi, gur.gum, sug.smel, dom.mkhris, bong.dkar, pring.ku, a.ru, ga.dur. ru.rta, shu.dag, gul.nag, sman.chen, ka.ra,*
Nature: Slightly cool
Uses: A compound that cures stomach pains associated with blood-*mkhrispa* disorders, inflammation, diseases caused by micro-organisms and complete dysfunction of the stomach.

## བྲག་ལྕམ།

*brag.lcam*
drak cham
Botanical Name: Primula rotundifolia WALL
Taste: Sweet
Potency: Cool
Uses: It is useful in the treatment of wounds, psoriasis and warts.

## བྲག་སྤོས།

*brag.spos*
drak poe
Botanical Name: Platygyra sp.

Taste: Bitter
Potency: Cool
Uses: It dries pus and supports spongy cavernous bones, and is beneficial in treating hot disorders of the kidney, wounds, fractured bones, fever due to poisoning and burns.

### བྲག་ཕུག་མ་ཊ་རཱི་ཀ།

*brag.phug.ma.ta.ri.ka*
drak fuk mata rika
Maratika Cave (abode of Guru Padma Sambhava)

### བྲག་མཚེ།

*brag.mtshe*
drak tse
Hindi Name: Khanda/ Kunawar
Botanical Name: Ephedra equisetina

### བྲག་ཞུན།

*brag.zhun*
drak shoon
Hindi Name: Shlajeet/Pather
Scientific Name: Mineral pitch or exudate
Taste: Bitter to sweet to astringent
Potency: Cool
Uses: It treats gastritis, hepatitis, nephritis, intestinal colitis, brown phlegm, gout, opthalmic disease, odema, debility and fever of all origins.

### བྲག་ཞུན་དགུ་པ།

*brag.zhun.dgu.pa*
drak shoon goo pa
Mineral Exudate Nine
Ingredients: *brag.zhun, gla.rtsi, gur.gum, sug.smel, dom.mkhris, bong.dkar, 'jib.rtsi, a.ru, ga.dur. ka.ra*
Nature: Cool
Uses: A compound that cures blood-*mkhrispa* inflammation of stomach, fever, dysentery and bile disorder.

### བྲག་ཞུན་རིགས་ལྔ།

*brag.zhun.rigs.lnga*
drak shoon rik nga
The Five kinds of mineral exudate

1. Gold (*gser.zhun*)
2. Silver (*dngul.zhun*)
3. Copper (*zangs.zhun*)
4. Iron (*lcags.zhun*)
5. Lead (*zha.nye'i.hun*)

བྲང་།

*brang*
drang
Chest or thoracic region (seat of ascending wind and supporting phlegm)

བྲང་གཞུང་དཀར་ནག་མཚམས།

*brang.gzhung.dkar.nag.mtshams*
drang shung karnak tsam
Gladiolus of sternum
It is a meeting point of the horizontal line between the nipples and the vertical line from jugular notch to the navel.

བྲང་རུས།

*brang.rus*
drang rue
Sternum

བྲི་ཧ་ཏི།

*bri.ha.ti*
dri hati
It refers to *kan.da.ka.ri* (Rubus niveus Thunb)

བྲུན།

*brun*
droon
dung or faeces (of cat etc.)

བྲུམ་ཤ།

*brum.sha*
droom sha
English Name: Pumpkin
Taste: Sweet
Potency: Warm
Uses: It is beneficial in treating cough, short breath, piles, diseases caused by micro-organism and strengthens the liver and kidneys.

བྲེ་ག།

*bre.ga*
dre ga
Botanical Name: Thlaspi arvense L
Taste: Hot
Potency: Warm
Uses: It is useful in treating cough, kidney problems of hot nature, vaginal discharge and is also used against phlegm and lymph disorders.

བྲེ་ག་བཅུ་གསུམ།

*bre.ga.bcu.gsum*
drega chusum
Thlaspi Thirteen
Ingredients: *bre.ga, a.'bras, sra.'bras, 'jam.'bras, tshos, btsod,*

*zhu.mkhan, shug.tsher, a.ru, gser.me, sug.smel, mkhal.zho, ba.sha.ka, bu.ram*
Nature: Neutral
Uses: A compound which treats diseases associated with urinary bladder, pain in the pelvic region, kidneys and swelling of testicles.

འབྲེལ་བ།

*brel.ba*
drel wa
Haste, Busy

བླ།

*bla*
la
Soul, life principle, life essence (which sustains the body)

བླ་འགུག

*bla.kug*
la kuk
Recalling of the stolen or lost soul/life essence

བླ་རྒྱུ་ཚུལ།

*bla.rgyu.tshul*
la gyu tshul
Movement of the *bla*

བླ་གཉན།

*bla.gnyan*
la nyen
Sequentially compounded disorder

བླ་ན་མེད་པ།

*bla.na.med.pa*
la na me pa
Insurpassable (doctors who are like the Medicinal Buddha)

བླ་གནས།

*bla.gnas*
la ney
The location of the soul

བླ་མ།

*bla.ma*
lama
Skt. Guru, spiritual master

བླ་མའི་གདོན།

*bla.ma'i.gdon*
lamey don
Teaching demons (Guru spirits)

བླ་གཡུ།

*bla.gyu*
la yu
Turquoise soul

བློན་པོ་གསུམ་སྦྱོར། (ཁ་བསྒྱུར་ཅན)

*blon.po.gsum.sbyor*
lon po soom jor
Compound of Three Ministers
Ingredients: *cu.gang, gur.gum, gi.wam*
Nature: Cool
Uses: A compound which treats development of fever in children, coughing, thirst, fever of the lungs and infectious fever.

དབང་།

*dbang*
wang
Initiation, empowerment, conferment of spiritual power;
A ceremony in which the spiritual master empowers the disciples to engage in higher practices through ripening their mental continuum

དབང་སྐར།

*dbang.skar*
wang kar
The empowerment constellation

དབང་ཐང་།

*dbang.thang*
wang thang
Wealth, power

དབང་པོ།

*dbang.po*
wang po
Sense organs

དབང་པོ་ཀུན་སེལ།

*dbang.po.kun.sel*
wang po koon sel
Clearer of All Sense Organs
Uses: A compound which cures running nose due to sinustis, blockage of nose, hoarseness of voice, sneezing and clears the sense organs when inhaled through nose.

དབང་པོ་སྒོ་ལྔ།

*dbang.po.sgo.lnga*
wangpo go nga

The openings of the five sensory organs

## དབང་པོ་ལྔ།

*dbang.po.lnga*
wangpo nga
The five sense faculties
1) *mig.dbang*-Visual faculty
2) *rna.dbang*-Auditory faculty
3) *sna.dbang*-Olfactory faculty
4) *lce.dbang*-Gustatory faculty
5) *lus.dbang*-Tactile faculty

## དབང་པོ་མི་གསལ།

*dbang.po.mi.gsal*
wang po mi sel
Dullness of the sense organs (symptomatic of diseases caused by wind)

## དབང་པོ་ལག་པ།

*dbang.po.lag.pa*
wang po lak pa
Botanical Name:
Gymnadenia sp.
Taste: Sweet
Potency: Warm
Uses: It provides physical radiance, strength and virility.

## དབང་ཕྱུག

*dbang.phyug*
wangchuk
Mahadeva, Shiva

## དབང་ཕྱུག་ནག་པོའི་རྒྱུད།

*dbang.phyug.nag.po'i.rgyud*
wangchuk nakpoe gyue
The Hindu divinities as the tantra of 'Isvara' (treatise of Mahadeva)

## དབང་རྩ།

*dbang.rtsa*
wang tsa
Nerve

## དབང་རྩའི་ནད།

*dbang.rtsa'i.nad*
wang tsey ney
Neuropathy

## དབང་རྩའི་མ་ལག་གི་རྣམ་བཞག

*dbang.rtsa'i.ma.lag.gi.rnam.bzhag*
wang tsey ma lak gi namshak
The nervous system

## དབང་རིལ།

*dbang.ril*
wang ril
Bezoars (i.e. white bezoars)

དབང་ལག།

*dbang.lag*
wang lak
Hindi Name: Salab panja
Botanical Name:
Gymnadennia orchidis Lindle

དབང་ལག་དམར་པོ།

*dbang.lag.dmar.po*
wang lak marpo
Gymnadenia latifolia L.

དབང་ལུང་ཁྲིད་གསུམ།

*dbang.lung.khrid.gsum*
wang lung tee sum
Three fold lineage:
1) Initiations *(dbang)*
2) Transmissions *(lung)*
3) Explanations *('khrid)*

དབང་ཤེས།

*dbang.shes*
wang she
Sense consciousness

དབལ་ལྡན་ཤ་ཁབ།

*dbang.ldan.sha.khab*
wal den sha khab
A pointed surgical needle

དབུ་མ།

*dbu.ma*
wuma
1. Centre; It refers to a central energy channel which is located midway between the left and right channels. It extends from the tip of the sex organs up to the top of the head from where it bends down in an arch and ends between the eyebrows. The essestial drops pass through this energy channel.
2. Skt. Madhyamapritipad, meaning the 'middle way' between the extremes of eternalism and nihilism. Within the contexts of the Madhyamaka school, 'middle way' refers to the philosophy of emptiness, which is held to be the true nature of all things. According to this view all phenomena cannot be found to possess any independent and self-validating natures.

དབུ་མ་པ།

*dbu.ma.pa*
wu ma pa
Those who follow Madhyamika school of thought

དབུགས།

*dbugs*
ook
Breath

དབུགས་ངན་པ།

*dbugs.ngan.pa*
ook nyan pa
Halitosis
A condition characterised by bad breath

དབུགས་གཏོང་ལེན་ཆད་པ།

*dbugs.gtong.len.chad.pa*
ook tong len chey pa
Breathlessness
It is caused by lung disorders, heart disorders and anemia.

དབུགས་ཉི་ཁྲི་ཆིག་སྟོང་དྲུག་རྒྱ།

*dbugs.nyi.khri.chig.stong.drug.rgya*
ook nyi ti chiktong duk gya
Twenty one thousand and six hundred breaths

དབུགས་འབྱིན་རྔུབ།

*dbugs.'byin.rngub*
ook jin ngub
Respiration (inhalation and exhalation)

དབུགས་འབྱིན་རྔུབ་ཀྱི་རྣམ་བཞག

*dbugs.'byin.rngub.kyi.rnam.bzhag*
ook jin ngub ki namshak
The respiratory system

དབུགས་འབྱིན་རྔུབ་དཀའ།

*dbugs.'byin.rngub.dka'*
ook jin ngub ka
Dyspnoe
A condition characterised by difficult in breathing.

དབུགས་མི་བདེ་བ།

*dbugs.mi.bde.ba*
ook mi dewa
Lit. discomfort of breathing, it refers to asthma and respiratory disorders

དབུགས་བསགས།

*dbugs.bsags*
ook sak
Asthma, difficult in breathing due to contraction of air passages caused by increased

responsiveness of the bronchi and trachea to various stimuli. According to Tibetan medicine, it is mainly caused by indigestion, obesity, and excess mucus which obstruct the respiratory tracts and bronchial tubes.

དབུས།

*dbus*
wue
Central

དབེན་པ།

*dben.pa*
wen pa
Solitary

དབོ།

*dbo*
wo
Uttra Phalguni, Denebala – one of the 27 constellations
Syn. *phyi mo, khra, nyi ma'I lha ldan*

དབོ་ཟླ།

*bdo.zla*
wo da
Phagun, 2nd month of Tibetan lunar calendar

དབྱངས་ཅན་རིལ་བུ།

*dbyangs.can.ril.bu*
yangchen rilbu
Lit. Melodious pill
Ingredients: *skyu.ru, pi.ling, shing.mngar, lug.ser, a.ru, sgron.shing, go.snyod, dug.nyung, lug.smug, spang.rgyan.dkar, lug.dmar,*
Nature: Cool
Uses: A compound which treats dullness of mind, amnesia and enhances the sense faculties.

དབྱངས་འཆར།

*dbyangs.'char*
yang char
Shiva Sarvodaya (arising vowels)

དབྱངས་གསལ་འཆར་ཚུལ།

*dbyangs.gsal.'char.tshul*
yangsel char tsul
The way of arising vowels and consonants

དབྱར་ཉི་ལྡོག

*dbyar.nyi.ldog*
yar nyi dok
Summer solstice

དབྱར་དུས།

*dbyar.dus*
yar dhue
Summer season (during which damp cool wind harms the inner warmth of body)

དབྱར་གནས།

*dbyar.gnas*
yar ney
Summer retreat

དབྱར་པ།

*dbyar.pa*
yar pa
Populus sp.

དབྱར་རྩ་དགུན་འབུ།

*dbyar.rtsa.dbun.'bu*
yar tsa goon boo
English Name: Caterpillar grass
Botanical Name: Cordyseps Sinensis (lit. grass in summer and worm in winter )
Uses: It has medicinal value to cure disorders of the kidneys, loss of lower body warmth, depletion of reproductive fluids and weak physical strength.

དབྱར་ཟླ་གསུམ།

*dbyar.zla.gsum*
yar da sum
Three summer months

དབྱི་མོང་།

*dbyi.mong*
yi mong
Botanical Name: Clematis sp. Clematis montana
Uses: It controls necrosis, restores bodily heat and drains out accumulation of serous fluids.

དབྱི་མོང་དཀར་པོ།

*dbyi.mong.dkar.po*
yi mong karpo
Botanical Name: Clematis sp.
Taste: Hot to sweet
Potency: Warm
Uses: It restores digestive heat, and cures indigestion and tumours of cold nature.

དབྱི་མོང་ཁྲ་བོ།

*dbyi.mong.khra.bo*
yi mong tra wo
Botanical Name: Clematis montana
Taste: Hot
Potency: Warm

Uses: It has antiseptic action, increases body heat and draws out pus.

དབྱི་མོང་ནག་པོ།

*dbyi.mong.nag.po*
yi mong nakpo
Botanical Name: Crematis Tibetana
Taste: Hot to sweet
Potency: Warm
Uses: It is used against cold disorders, heals tumour of the colon but may increase *mkhris pa.*

དབྱིག་དུག

*dbyig.dug*
yik duk
Poisoning from unprocessed gemstones

དབྱིབས་སྒུར།

*dbyibs.sgur*
yib gur
Hunched back, stooped

དབྱིབས་མཐུན་གྱི་ནུས་པ།

*dbyibs.mthun.gyi.nus.pa*
yib thoon gi nue pa
The power of medicine by virtue of its similarity in shape E.g. Brain shaped stone (*rdo.klad*) halloysite is beneficial for brain disorders.

དབྱུག་ཟླ།

*dbyug.zla*
yook da
Aswij, 9$^{th}$ month of Tibetan lunar calendar

དབྱེ་བ།

*dbye.ba*
ye wa
Classification, division (i.e. classifications of human beings in terms of sex, age, temperament and diseases)

དབྱེན་སྦྱོར།

*dbyen.sbyor*
yen jor
Slander

འབམ་པོ།

*'bam.po*
bam po
Botanical Name: Lugusticum pteridophyllum Franch ex. Oliv

འབམ་པོ་མོ་རིགས།

*'bam.po.mo.rigs*
bampo mo rik
*Botanical Name: Trachydium* purpurascens Franch

འབའ་ཆ།

*'ba'.cha*
bacha
The left over of mustard and linseed after the oil is extracted
Uses: It has medicinal value to relieve swelling due to wind imbalane when applied externally over the affected area.

འབུ།

*'bu*
boo
Insects and worms

འབུ་ཆག་པ།

*'bu.chag.pa*
bu chak pa
Locust

འབུ་སུ་ཧང་།

*'bu.su.hang*
bu su hang
Botanical Name: Medicago Lapulina L.
Taste: Bitter
Potency: Cool
Uses: It is used against hot disorderss of the lungs, coughs and to heal wounds.

འབུ་སུ་ཧང་ཕོ།

*'bu.su.hang.pho*
bu soo hang fo
Botanical Name: Trigonella ruthenica L.
Uses: It heals sores and subside fever of the lungs.

འབྱར་ཆེན།

*'byar.chen*
jar chen
The Great Application
Ingredients: *sga.tig, spos.dkar, thal.rdor, so.ra, chu.rtsa, sbal.rgyab, mdung.rtse, rag.rdo, cong.zhi, gser.rdo, dngul.rdo, rdo.rgyus, mthing.rgyus, bul.tog, rtsa.rgyus.la.phan.pa'i.rdo.sman, re.lcags, kyi.lce.dkar.po, dud.ral, sngo.stag.sha, sman.chen, thar.nu,*
Nature: Neutral
Uses: A compound which treats *rkang.'bam*, gout, arthritis, serous fluid diseases, dermatological diseases,

chronic skin abscess and swelling of the extrimites.

འབྱུང་འགྱུར།

*'byung.'gyur*

jung gyur

Things or events to come by

འབྱུང་གདོན་བཅོ་བརྒྱད།

*byung.gdon.bco.brgyad*

jung don cho gey

The eighteen different types of evil spirits (non-human beings) which are categorised under *'byung.gdon*:

1. *lha* (Desire realm deity spirits)
2. *lha.min* (Demi-deity spirits)
3. *dri.za* (Spirits who survive on odours)
4. *klu* (Serpent spirits or spirits which reside on land and in water)
5. *gnod.sbyin* (Spirits characterized by their harming ability)
6. *tshangs.pa* (Brahma spirits)
7. *srin.po* (Cannibal ogre spirits)
8. *sha.za* (Flesh eating spirits)
9. *yi.dag* (Hungry ghosts)
10. *grul.bum* (Spirits characterized by enlarged gonads)
11. *byad.stems* (Spirits caused by curses)
12. *gyeng.byed* (Distracting spirits)
13. *ro.lang* (Zombie spirits)
14. *mtshun.lha* ( Ancestral spirits)
15. *la.ma* (Spiritual master)
16. *drang.srong* (Ascetic or hermit spirits)
17. *rgyan* (Ancient spirits)
18. *grub.pa* (Tantric spirits)

འབྱུང་པོ།

*'byung.po*

jung po

Non-human spirits

འབྱུང་པོའི་གདོན།

*'byung.po'i.gdon*

jung poe don

Elemental spirits

འབྱུང་བ།

*'byung.ba*

jung wa

Elements

The five outer and inner elements: earth, water, fire, wind and space which are the

material basis of all phenomena.

འབྱུང་བ་ལྔ་ལྡན་ཟས།

*'byung.ba.lnga.ldan.zas*
jung wa nga dhen zey
The food which contains balanced proportions of the five elements

འབྱུང་བ་ལྔའི་ལྷ།

*'byung.ba.lnga'i.lha*
jung wa ngey lha
The deities of five cosmo-physical elements

འབྱུང་བའི་ངོ་བོ།

*'byung.ba'i.ngo.bo*
jung wey ngo wo
Nature of elements

འབྱུང་བའི་སྟོབས།

*'byung.ba'i.stobs*
jung way tob
Strength of the elements

འབྱུང་བ་ཐིམ་རིམ།

*'byung.ba.thim.rim*
jung wa thim rim
A process of the dissolution of physical elements at the time of death when elements of flesh, blood, warmth and breathing dissolve into one another

འབྱུང་བ་དུས་ཀྱི་འཁོར་ལོ།

*'byung.ba.dus.kyi.'khor.lo*
jung wa due ki khorlo
Temporal cycle of the elements

འབྱུང་བའི་དབྱིབས།

*'byung.ba'i.dbyibs*
jung wey yip
The symbol or shapes of the five elements

1) Wood-straight
2) Fire-triangle
3) Earth-square
4) Iron-semi circle; and
5) Water-circle

འབྱུང་རྩིས།

*'byung.rtsis*
jung tsi
Elemental astrology

འབྱུང་རྩིས་སྔོན་འགྲོ།

*'byung.rtsis.sngon.'gro*
jung tsi ngon do
The preliminary teaching on elemental astrology

འབྱུང་བཞི་དཀྱིལ་འཁོར།

*'byung.bzhi.dkyil.'khor*
jung shi kil khor
The Mandala of four elements

འབྱོར་བྱེད།

*'byor.byed*
jor jey
Connector

བྲ་ཉེ།

*bra.nye*
dra nye
Bharni, Triangalara–one of the 27 constellations

འབྲ་གོ

*'bra.go*
dra go
Botanical Name: Phoenix dactylifera Linn
Uses: It has medicinal value to cure brown phlegm, yellow phlegm and loss of appetite due to stomachial disorder.

འབྲ་གོ་དམར་པོ།

*'bra.go.dmar.po*
dra go mar po
Botanical Name: Zizyphus satifa Gaertn

འབྲས།

*'bras*
dray
Rice (Oryza sativa)
Taste: Sweet
Potency: Cool
Uses: It is beneficial for all three humoural disorders due to its oily, smooth, cool and light qualities. Rice supports vitality and is particularly beneficial in cases of vomiting and diarrhoea.

འབྲས་ཐུག་སྐ་བ།

*'bras.thug.ska.ba*
day thook ka wa
Rice pudding (Oryza sativa)

འབྲས་ཐུག་གར་བ།

*'bras.thug.gar.ba*
day thook gar wa
Rice porridge (Oryza sativa)

འབྲས་ཐུག་སླ་བ།

*'bras.thug.sla.ba*
day thuk la wa
Rice gruel (Oryza sativa)

### འབྲས་ནད།

*'bras.nad*
day ney
Tumours, cancerous growth
The impure blood and serum enter the circulatory system and spread through out the body, which later manifest as tumours in different parts of the body due to the influence of imbalanced *rLung*. Tumours extract the nutrients from the body to support their growth and weaken the body.

### འབྲས་སྣ་གསུམ།

*'bras.sna.gsum*
day na soom
The three varieties of fruit
i) *a.'bras*-Magnifera Sp.
ii) *sra.'bras*-Eugenia jambalana
iii) *'jam.'bras*-Caesalpinia crista.

### འབྲས་བུ།

*'bras.bu*
day boo
1) Fruits
2) Result, consequences

### འབྲས་སོག

*'bras.sog*
day sok
Rice straw

### འབྲས་བུའི་ཐང་།

*'bras.bu'i.thang*
day booey thang
Decoctions prepared from the three principle fruits (Terminalia chebula retze, Terminalia belerica and Emblica officinalis)

### འབྲས་བུ་གསུམ།

*'bras.bu.gsum*
day woo soom
The three chief fruits
a) Terminalia Chebula *(a.ru)*
b) Terminalia Belerica *(ba.ru)*
c) Terminalia Embelica *(skyu.ru)*

### འབྲས་ཡོས།

*'bras.yos*
day yoe
Parched grains of rice (Oryza sativa)
Uses: It controls diarrhoea and heals fractured bones.

འབྲི།

*'bri*
dri
Female counterpart of Yak

འབྲི་ཏ་ས་འཛིན་མཆོག

*'bri.ta.sa.'dzin.mchog*
dita sa zin chok
English Name: Strawberry
Botanical Name: Fragaria nubicola
Taste: Slightly sweet
Potency: Cool
Uses: It reduces pus accumulation in the lungs and draws serous fluid, controls proliferation of impure blood in the chest and is useful in the treatment of inflammation of nerves.

འབྲི་ཏ་ས་འཛིན་འབྲིང་བ།

*'bri.ta.sa.'dzin.'bring.ba*
dita sazin dring wa
Frageria orientalis Lozinsk

འབྲི་ཏ་ས་འཛིན་དམན་པ།

*'bri.ta.sa.'dzin.dman.pa*
dita sazin men pa
English Name: Strawberry
Botanical Name: Saxifraga flagellaris
Taste: Sweet
Potency: Neutral
Uses: Similar use as above

འབྲི་མོག

*'bri.mog*
dri mok
Skt. Name: Ratna jot
Botanical Name: Onosma Echioldes
Taste: Sweet
Potency: Cool
Uses: It is used against pneumonitis and proliferation of impure blood.

འབྲི་མོག་གཡུང་བ།

*'bri.mog.gyung.ba*
dri mok yung wa
Botanical Name: Onosma rhultiramosum Hand. Mazz.

འབྲི་ཚིལ་མ།

*'bri.tshil.ma*
dri tsil ma
It is a synonym of *bong.nag.rigs.ser.po* (Aconitum kongboense Lauener)

འབྲུ།

*'bru*
droo

Punica granatum (Lit. seed or grain)

འབྲུ་མར།

*'bru.mar*
dru mar
Butter obtained by pressing Curcuma longa and other grains
It has medicinal value to control imbalance of wind.

འབྲུ་རིགས།

*'bru.rigs*
dru rik
Grain or cereals

འབྲུག

*'brug*
druk
1) Dragon – one of the twelve animal signs in Tibetan astrology
2) Bhutan

འབྲུག་ཤིང་།

*'brug.shing*
druk shing
Euonymus monbeigii W.W. smith

འབྲུག་ཟླ་བ།

*'brug.zla.ba*
druk dawa
Dragon month; 1st month of Tibetan Elemental Astrology system

འབྲུམ་ཐོར།

*'brum.thor*
drum thor
Pustules
These are various contagious skin diseases which are divided in to two groups, white *('brum.pa.dkar.po)* and black *('brum.pa.nag.po)* diseases. The white *'brum pa* disease is caused by disturbance of *Bad-kan* and *rLung*, whereas the black *'brum.pa* is caused by an increase of black serum *(chu.ser. nag.po)* and a disturbance in all the three humours.

འབྲུམ་ནག

*'brum.nag*
drum nak
Small pox; the causes and conditions for the occurrence of small pox diseases are the

same as those of *Rims* diseases

འབྲུ་གསར་རུལ་བ།

*'bru.gsar.rul.ba*
dru sar rul wa
Spoiled new grain

འབྲེལ་བ་རྩ།

*'brel.ba.rtsa*
drel wa tsa
Channels of connection

འབྲོང་།

*'brong*
drong
Bos grunniends (wild Yak)

འབྲོང་རྩེ་ཨར་བརྒྱད།

*'brong.rtse.ar.brgyad*
dong tsey ar gey
Eagle-Wood Eight
Ingredients: *'brong.khrag, ar.nag, dza.ti, li.shi, snying.zho, ru.rta, gzer.'joms, ri.snying*
Nature: Warm
Uses: A compound which relieves severe pain due to *rLung* disorders, disorders of the life sustaining *rLung*, fainting, insanity, hysteria and mental instability.

རྦ་བྱི།

*rba.byi*
ba ji
Shite-breasted dipper (Cinclus cinclus)

རྦད་འདྲེ།

*rbad.'dre*
bey dey
Spirits which have been summoned

ལྦ་བ།

*lba.ba*
bawa
Goiter, Skt. gala-ganda

ལྦ་ཚ།

*lba.tsha*
ba tsa
Anti-goitre salt ( Iodised salt)

ལྦུ་བ།

*lbu.ba*
bu wa
Bubbles, foam, scum,

ལྦུ་གསོབ་ལུ།

*lbu.gsob.lu*
bu sob lu

Frothy saliva

སྦང་མ།

*sbang.ma*
bang ma
Residue or left over after *chang* is processed

སྦར་མོ།

*sbar.mo*
bar mo
Palm

སྦལ་མགོ།

*sbal.mgo*
bel go
Minor water channels of the thigh (lit. frog's head)

སྦལ་བ།

*sbal.ba*
bel wa
Frog

སྦལ་བ་ལག་པ།

*sbal.ba.lag.pa*
bel wa lakpa
Seleginella pulyinata (Hook.f.et. Grev.) Maxim.

སྦས་མི་རུང་བ།

*sbas.mi.rung.ba*
bay mi roong wa
Animal signs which are not allowed to be buried under ground

སྦུ་གུ་ཅན།

*sbu.gu.can*
bu gu chen
Tubular channels

སྦུར་ལེན།

*sbur.len*
bur len
English Name: Amber
Scientific Name: Ambrum
Taste: Sweet
Potency: Neutral
Uses: It cures blurred vision, cataract, leucoma, general vision impairment, fainting, dizziness, epilepsy and in the case of evil spirits influence.

སྦོ་འཁོར་པད་ཚལ།

*sbo.'khor.pad.tshal*
bo khor pey zel
English Name: Broccoli
Taste: Sweet to salty
Potency: Slighly Cool

Uses: It helps immunize against breast cancer, beneficial in restoring blood and digestive strength, dilutes thick blood and eliminates micro-organism.

སྦྱར་ཐབས།

*sbyar.thabs*
jar thab
Method of formulation

སྦྱར་དུག།

*sbyar.dug*
jar duk
Manufactured poison; compounded poison

སྦྱིན་པ་གཏོང་བ།

*sbyin.pa.gtong.ba*
jinpa tong wa
Giving alms

སྦྱིན་སྲེག།

*sbyin.sreg*
jin sek
Fire-offering

སྦྱོང་བྱེད།

*sbyong.byed*
jong jey
Cleansing or elimination theraphy

སྦྱོར་བ།

*sbyor.ba*
jor wa
1) Recipe
2) Connection
3) Application

སྦྱོར་བ་ཉེར་བདུན།

*sbyor.ba.nyer.bdun*
jor wa nyer dun
The twenty seven combinations
1) *sel.ba*-clear,
2) *mdza'.bo*-lover
3) *tshe.ldan*-longevity,
4) *skal.bzang*-good fortune
5) *bzang.po*-good
6) *rab.stong*-very empty,
7) *las.bzang*-good karma
8) *'dzin.pa*-possession
9) *gzer*-nail
10) *bre*-grain
11) *'phel*-growth
12) *nges*-certainty
13) *kun.'jom*-all subduer,
14) *dga'.ba*-joy
15) *rdo.rje*-vajra
16) *dngo.grub*-accomplishment
17) *kun.ltung*-fall
18) *dpa'.bo*-hero

*19) youngs.'jom*-all eliminator
*20) zhi.ba*-peace
*21) grub*-accomplished being
*22) bsgurb.bya*-subject to be attained,
*23) dge.ba*-virtues acts
*24) dkar.po*-white
*25) tshang.pa*-brahma
*26) dbang.po*-indra
*27) sha.'khon*-hostility

སྦྱོར་བ་སྨན་གྱི་གནས།

*sbyor.ba.sman.gyi.gnas*
jor wa men ki ney
Section on pharmaceutics

སྦྱོར་བ་མཚུངས་པ།

*sbyor.ba.mtshungs.pa*
jor wa tshung wa
Treatment similar to the nature of the disease making it more acute

སྦྱོར་ལམ།

*sbyor.lam*
jor lam
Path of prepration

སྦྲང་མ།

*sbrang.ma*
dang ma
Bee (honey bee)

སྦྲང་རྩི།

*sbrang.rtsi*
dang tsi
English Name: Honey
Taste: Sweet
Potency: Warm
Uses: Honey is the best medicine for oral ulceration and sore throat due to fungal and bacterial infection. It contains antibiotic property and is beneficial for inflammations and hoarseness, if gargled with water. In Tibetan medicine, pure honey is highly recommended for obese patients to reduce weight and it also cures *Bad-kan* diseases.

སྦྲིད་པ།

*sbrid.pa*
di pa
Sneeze

སྦྲུམ་མ།

*sbrum.ma*
doom ma
Pregnant women

སྦྲུལ།

*sbrul*

drul
Snake, one of the twelve animal signs in Tibetan astrology and a symbol of hatred in the Wheel of Life

སྦྲུལ་ཟླ་བ།
*sbrul.zla.ba*
drool dawa
Snake month, 2nd month according to Tibetan Elemental Astrology system

སྦྲུལ་དུག
*sbrul.dug*
drul dhuk
Poisoning from snake-bite, Skt. sarpa-visa

# མ།

མ།
*ma*
ma
Mother

མ་རྒད།
*ma.rgad*
ma gey
English Name: Emrald
Taste: Sweet to sour
Uses: It treats epilep neurological diseases a used against attack by e spirits.

མ་གལ།
*ma.gal*
ma gel
Botanical Name: Popu davidana Dode
Uses: It treats diseases of lungs and is recommenc for diseases associated w pregnancy.

མ་གོམས།
*ma.goms*

magom
Non-habitual

མ་འཐེམ།

*ma.'them*
mathem
A step at the entrance of a door
It is one of the five astrologer's soul of stones.

མ་ནིང་གི་གདོན།

*ma.ning.gi.gdon*
maning gi dhon
Neuter demon

མ་ནིང་གྲེས་མ།

*ma.ning.gres.ma*
maning drema
Iris goniocarpa Bakor

མ་ནིང་གླང་སྣ།

*ma.ning.glang.sna*
maning lang na
Pedicularis sp.

མ་ནིང་ཅོང་ཞི།

*ma.ning.cong.zhi*
maning chong shi
Neuter lime stone (i.e. gypsum)

མ་ནིང་ལྕམ་པ།

*ma.ning.lcam.pa*
maning champa
Botanical Name: Malva verticillata Linn.
It is commonly known as *bod.lcam* (Malva verticillata of Tibet).

མ་ནིང་མཚན་གཉིས་པ།

*ma.ning.mtshan.gnyis.pa*
maning tsen nyi pa
Hermaphrodite with signs of both the sexes

མ་ནུ་ཁྲག་ཅན།

*ma.nu.khrag.can*
manu tak chen
It is a synonym of *go.bye* (Senecarpus anacardius L.F.

མ་ནུ་པ་ཏྲ།

*ma.nu.pa.tra*
manu pata
Hindi Name: Pokharmul/ Puskarmul
Botanical Name: Inula racemosa Hook f.
Taste: Sweet and bitter to hot
Potency: Neutral
Uses: It is used against *rLung* and blood disorders, upper

backache, brown phlegm and onset of contagious fevers

མ་ནུ་བཞི་ཐང་།

*ma.nu.bzhi.thang*
manu shi thang
Decoction of Elecampane Four
Ingredients: *ma.nu, sle.tres, kan.ta.ka.ri, pi.ling*
Nature: Neutral
Uses: It is used for preliminary stages of fever, empty fever (fever accompanied by *rLung*), and upper backache due to blood disorders.

མ་ནུ་རུ་རྟ།

*ma.nu.ru.rta*
manu ruta
Botanical Name: Sassurea Lappa (Decne) sch-Bip.
Uses: It is a synonym of *ru.rta* and is used against flatulence, abnormal menstrual flow, diptheria, pulmonary diseases, wounds and to neutralises wind and blood imbalance.

མ་ནུ་ཤུ་ཟུར།

*ma.nu.shu.zur*
manu shusur
Paugamia pinnata

མ་ནུ་སེ་ཤིང་།

*ma.nu.se.shing*
manu se shing
Himalayan orchid (Dendrobium noble Lindle)

མ་སྤུན།

*ma.spun*
ma pun
Maternal relatives

མ་མོ།

*ma.mo*
mamo
The matarah goddesses

མ་མོ་འཁྲུགས་པ།

*ma.mo.'khrugs.pa*
mamo tukpa
The disturbance of the Matarah goddesses

མ་སྨིན་ཚ་བ།

*ma.smin.tsha.ba*
mamin tsawa
Unripe fever

### མ་རྨོས་ལོ་ཏོག

*ma.rmos.lo.tog*
ma moey lo tÈok
English Name: Corn, maize
Taste: Sweet to astringent
Potency: Cool
Uses: It is beneficial in treating constipation, white discharge, inflammation, fever associated with *mkhris-pa* and poisoning.

### མ་ཞུ་བ།

*ma.zhu.ba*
mashu wa
Indigestion, Skt. agnimandya

### མ་ཡིག

*ma.yig*
mayik
Original manuscript

### མ་རིག་པ།

*ma.rig.pa*
ma rikpa
Ignorance
It is defined as a cloudness of mind which leads to misperception, confusion and bewilderment.

### མ་རུ་ཙེ།

*ma.ru.tse*
maru tse
Skt. Name: Palash/Dhak
Botanical Name: Butea monosperma (lam) Taub)
Taste: Bitter to hot
Potency: Warm
Uses: It is used against diseases caused by micro-organism, treats itching, infections of the skin and organs.

### མ་ཤ།

*ma.sha*
ma sha
Hindi Name: Aru dadi
English Name: Himalayan beans
(black dal)
Uses: It treats *rlung* disorders and enhances the power of phlegm, bile, and reproductive fluid.

### མ་ཧ་དེ་བ།

*ma.ha.de.ba*
maha dewa
Mahadeva–one of the god who was present during Buddha's teaching on medicine

## མ་ཧེ།

*ma.he*
mahe
Buffalo

## མ་ཧེའི་ཤ།

*ma.he'i.sha*
mahe sha
English Name: Beef
Scientific Name: Bubalus bubalas
Taste: Sweet
Potency: Warm
Uses: It induces sleep and supports the growth of muscle tissue.

## མ་ལྷ་གནོད།

*ma.lha.gnod*
ma lha noe
Harms from maternal deities

## མན་རྒྱུད།

*man.rgyud*
men gyue
The Oral Tantra or oral instructions
It has ninty two chapters which explain the clinical approaches to number of diseases.

## མན་ངག་གུར་གུམ་བཅུ་གསུམ།

*man.ngag.gur.gum.bcu.gsum*
men ngak gurgum chu sum
Safflower Thirteen of secret oral tradition
Uses: A compound which cures headache due to blood-*mkhrispa* disorders, sinusitis, encephalitis and brain fever.

## མན་ངག་བྱེ་བ་རིང་བསྲེལ།

*man.ngag.bye.ba.ring.bsrel*
men ngak jewa ring sel
A collection of instructions on medical treatment by the *Great Zur.mkhar.nmyam.nyid Dorjee* (1439-1476), the founder of *Zur.lugs* tradition of Tibetan Medicine

## མན་ངག་བསིལ་སྦྱོར།

*man.ngag.bsil.sbyor*
men ngak sil jor
Cool Formulation of Secret Oral Tradition
Ingredients:-*gla.rtsi, cong.mdzo, tsan.dkar, ar.nag, sug.smel, li.shi, gur.gum, cu.gang, dza.ti, ka.ko.la, skyu.ru, se.'bru, dug.nyung, a.ru, pi.ling, ru.rta, bong.dkar, gi.wam, sum.tig, gangs.thig.chu.bcad, ut.pal, gser.me,*
Nature: Slightly cool

Uses: A compound which cures *bad.kan.smug.po*, enlargement of liver and gall bladder, upper backache due to blood disease and proliferation of impure blood in liver and spleen.

## མན་ངག་ལྷན་ཐབས།

*man.ngag.lhan.thabs*
men nag lhen thab
The supplementary work of *man.ngag.rgyud* (The Oral Tantra) by Desi Sangye Gyatso (1653-1705). He added forty-one chapters to the Oral Tantra. The chapters on 18 vulnerable and epidemic diseases form the most important part among them.

## མན་རྫི་ར།

*man.rdzi.ra*
man zi ra
Scientific Name: Amnoites (Fossils)
Taste: Astringent
Potency: Cool
Uses: It is used to treat osteitis.

## མར།

*mar*
mar
Butter
Uses: Fresh butter (*Tib. Mar.gsar*) has a cool potency and enhances bodily strength, complexion, supports sexual vitality and is helpful in curing *mkhris-tshad* (bile fever), where as rancid butter (*Tib. Mar.rnying*) has warm potency and cures *rLung* disorders, mental disturbances and forgetfulness.

## མར་ཁུ།

*mar.khu*
mar khoo
Melted butter
Uses: It sharpens the mind, increases bodily heat and is aphrodisiac.
It is also recommended for conception and longevity.

## མར་མེ་མ།

*mar.me.ma*
mar mema
Atoka (the offering goddess of light)

མར་ཚེས།

*mar.tshes*
mar tshe
Dates during which the moon wanes

མར་ཟུར་ཆུ་བ།

*mar.zur.chu.ba*
marzur chuwa
Tendons of the lower edge of the wrist

མར་གསར།

*mar.gsar*
mar sar
Fresh butter
Uses: It is aphrodisiac, enhances complexion, bodily strength and subside fever associated with bile.

མལ་གཅིན།

*mal.gcin*
mal chin
Bed wetting
A condition characterised by involuntary urination during the night

མི།

*mi*
mi
Human beings

མི་བསྐྱོད་པ།

*mi.bskyod.pa*
mi kyoe pa
Unshakable; Emanation of all Buddhas consciousness

མི་རྒོད།

*mi.rgod*
mi goe
1) Wild and savage people
2) Raw courageous men

མི་ཆགས་ཚུལ།

*mi.chags.tshul*
mi chak tshul
Human embryology

མི་འཇིག་པའི་གནས་ལྔ།

*mi.'jig.pa'i.gnas.lnga*
mi jik pey nae nga
The five indestructible places of pilgrimage:
1) Centre–Bodhgaya,
2) East–Five-peaked Mountain
3) South–Potala,
4) West– Otiyana,
5) North–Shambhala

### མི་རྟག་པ།

*mi.rtag.pa*
mitak pa
Impermanence
The continuous moment by moment of creation and destruction of all things.

### མི་མཐུན་སྦྱོར།

*mi.mthun.sbyor*
mithun jor
Unmatchable combination
It refers to the meeting of water and wind element on same day i.e. the element of the daily planet (weekday) and the element of the constellation (moon constellation).

### མི་ཐེག་ཁུར་བ།

*mi.theg.khur.ba*
mitheg khoor wa
Carrying an unbearable load

### མི་སྡུག་པའི་ཡུལ།

*mi.sdug.pa'i.yul*
mi duk pey yul
Disgusting sights

### མི་ན་གནས་པ།

*mi.na.gnas.pa*
mi na ney pa
State of health or out of disease, disease free

### མི་འཕྲོད་པའི་དུག

*mi.'phrod.pa'i.dug*
mi toe pey dook
Food poisoning

### མི་འཕྲོད་སྦྱོར།

*mi.'phrod.sbyor*
mitoe jor
Unfavourable combination
It refers to the connection between the element of the daily planet (weekdays) and the element of the constellation (moon constellation) i.e. earth and wind (weekday and moon constellation respectively.

### མི་གཙང་བ།

*mi.gtsang.ba*
mi tsang wa
Dirt, pollution, unclean, impure

མི་ཡིས་བདག་བྱེད་སྡེ།

*mi.yis.bdag.byed.sde*
mi yi dak jey dey
A group of domestic animals

མི་གཡོ་བའི་ལས།

*mi.gyo.ba'i.las*
mi yo wey ley
Unwavering actions

མི་རུང་བ།

*mi.rung.ba*
miroong wa
Contraindications; lit. not allowed

མི་རུས་བཙའ་མ།

*mi.rus.btsa'.ma*
mi rue tsa ma
Dessicated and aged human bone

མི་སྦ་འཕྲང་ཕྲད།

*mi.sba.'phrang.phrad*
misha trang trey
Meeting a deadly enemy on a narrow path

མི་ཤིགས་པའི་ཐིག་ལེ།

*mi.shigs.pa'i.thig.le*
mishik pey thik le
The indestructible drop

མི་སྲུན་བཞོན་པ།

*mi.srun.bzhon.pa*
mi sun shonpa
To ride an untamed animal

མི་སློབ་ལམ།

*mi.slob.lam*
milob lam
Path of no teaching or no learning

མི་གསོད་པ།

*mi.gsod.pa*
mi soe pa
Killing of human beings

མིག

*mig*
mik
Eyes

མིག་སྐྱག

*mig.skyag*
mig kyak
Eye excretion

མིག་སྤྲིན།

*mig.sprin*
mik tin
Sclera

མིག་གི་རྒྱལ་མོའི་གཉན་ཚད།

*mig.gi.rgyal.mo'i.gnyan.tshad*
mik gi gel moey nyen tsey
Iritis

མིག་གི་གཉན་ཁ།

*mig.gi.gnyan.kha*
mik gey nyen kha
Ophthalmia
A condition characterised by inflammation of the eyes

མིག་གི་ལིང་ཏོག

*mig.gi.ling.tog*
mik ki ling tok
Pterygium (pellicle on the eye)

མིག་འགྲིབས།

*mig.'gribs*
mik dib
Cataract
A condition characterised by increasing opacity of the lens of the eye

མིག་ལྤིབས་ཀྱི་གཉན་ཁ།

*mig.lcibs.kyi.gnyan.kha*
mik chib ki nyen kha
Blepharitis
A condition characterised by inflammation of eyelids

མིག་ཆུ།

*mig.chu*
mik choo
Tear

མིག་ཆུའི་ནད།

*mig.chu'i.nad*
mik chue ney
Lacrimal disorders

མིག་ནད།

*mig.nad*
mik ney
Opthalmic diseases

མིག་གནོན།

*mig.gnon*
mik non
Eye presser; an instrument used to immobilise the blood vessels around the eyes before blood-letting

མིག་དམར།

*mig.dmar*
mik mar
1) Conjunctivitis
2) Mars

མིག་སྨན་འདེབས་ཐུར།

*mig.sman.'debs.thur*
mikmen deb thoor
Eye-drop spoon

མིག་རྩ།

*mig.rtsa*
mik tsa
Blood letting vessels of the eyes

མིག་ཚག་ནད།

*mig.tshag.nad*
mik tsak ney
Irritation of the eyes

མིང་ཅན་ཆུང་བ།

*ming.can.chung.ba*
ming chen choong wa
Aster batangensis Buret Franch

མིང་ཅན་དོམ་རལ་པ།

*ming.can.dom.ral.pa*
ming chen dom relwa
Aster Yunnanensis Franch

མིང་ཅན་ནག་པོ།

*ming.can.nag.po*
mingchen nakpo
Pulicaria insignis drumm ex Dunn

མིང་ཅན་སེར་པོ།

*ming.can.ser.po*
mingchen serpo
Botanical Name: Pulicaria insignis
Taste: Bitter
Potency: Cool
Uses: It is used against inflammations, pain in the upper body associated with blood and *rLung* disorders, epidemic, diptheria, inflammations of muscle tissues and acts as an analgesic.

མིང་ཚམ།

*ming.tsam*
ming tsam
Nominative

མིང་གཟུགས།

*ming.gzugs*

ming zuk
Name and form

མིད་པ།

*mid.pa*
mipa
Pharynx; the muscular tube from the back of the nose, mouth and larynx extending to the oesophagus

མིད་པའི་གཉན་ཁ།

*mid.pa'i.gnyan.kha*
mi pey nyen kha
Pharynigitis, Inflammation of the pharynx

མུ་ཁྱུད་འཛིན།

*mu.khyud.'dzin*
mu khyue zin
Nimindhara
One of the saints who was present during buddha's teaching on medicine.

མུ་གེ

*mu.ge*
mugey
Famine

མུ་ཏིག

*mu.tig*
mutik
Hindi Name: Moti
English Name: Pearl
Scientific Name: Pteria martensii, Margarita
Taste: Astringent
Potency: Cool
Uses: It treats brain damage due to inflammation or injury, degeneration of nerves, stiffness and contraction of the ligaments and tendons, paralysis, poisoning and prevents loss of cerebral fluid.

མུ་ཏིག་ཉེར་ལྔ།

*mu.tig.nyer.lnga*
mutik nyer nga
Margarita Twenty Five
Ingredients: *cu.gang, gur.gum, li.shi, sug.smel, dza.ti, ka.ko.la, gi.wam, tsan.dkar, tsan.dmar, a.gar.nyis, bse.ru, gla.rtsi, ru.rta, pi.ling, shing.tsha, a.ru, ba.ru, skyu.ru, sdig.srin, gser.bye, lcam.pa, zi.dkar, zi.nag, 'bri.ta.sa.zin*
Nature: Cool
Uses: A compound which cures headache, paralysis of

a part of body, contraction and stiffness of limbs, loss of memory, nervous disorders and amnesia.

## མུ་ཏིག་སོ་བདུན།

*mu.tig.so.bdun*
mutik so dun
Margarita Thirty Seven
Uses: A compound which heals chronic wounds from weapons, enhances senses, and treats nervous disorders.

## མུ་སྟེགས་པ།

*mu.stegs.pa*
mu tekpa
Skt. Tirthika, those who believe in religious faith other than Buddhism

## མུ་མེན།

*mu.men*
mu men
Hindi Name: Rent
Scientific Name: Laguritum
Taste: Astringent
Potency: Cool
Uses: It is effective as an antidote for disorders caused by poisoning, treats skin diseases, leprosy, lymphatic system disorders and dyes hair.

## མུ་བཞི།

*mu.bzhi*
mu shi
Four sided criteria (i.e. four diagnostic criteria)

## མུ་ཟི།

*mu.zi*
muzi
Hindi Name: Amelsar gandhak
English Name: Sulphur
Taste: Sweet
Potency: Warm
Uses: It is used against skin disorders, disorders of the lymphatic system and promotes the rapid healing of wounds.

## མུ་ཟི་སེར་པོ།

*mu.zi.ser.po*
muzi serpo
English Name: Yellow sulphur
Scientific Name: Sulphur nativum
Taste: Astringent
Potency: Neutral

Uses: It is recommended for dermatological diseases, disorders caused by harmful evil spirits and is an antipruritic.

མུན་ཁུང་མདའ་འཕེན།

*mun.khung.mda'.'phen*
mun khoong da fen
Shooting an arrow in the dark

མུར་གོང་འཕར་རྩ།

*mur.gong.'phar.rtsa*
moor gong far tsa
Jaw artery

མེ།

*me*
mey
Fire; it is one of the five elements.

མེ་སྐར་བདུན།

*me.skar.bdun*
me kar dun
The seven fire constellations
*1) dra.nye, 2) smin.drug, 3) rgyal, 4) mchu, 5) gre, 6) khrums.stod, 7) sa.ga*

མེ་ཁའི་ཡུལ།

*me.kha'i.yul*
me khe yul
Land of *Ma-kha*

མེ་མཉམ་རླུང་།

*me.mnyam.rlung*
menyam loong
Fire-like wind
*Location:* Stomach
*Pathways:* Through stomach and small intestines to all the alimentary canals and the internal organs.
*Functions:* Digests the food, separation of essence and wastes of food and drinks, transports the nutrients to various tissue elements and discharges wastes into colon, helps in the assimilation and maturation of nutrients extracted from food and drinks and governs the movements within the digestive channels, ripens the ten objects of harm (the seven bodily sustainers and the three excretions).
*Negative Actions:* Disturbing the balance of this air can result in loss of appetite, mucus accumulation in the

stomach, indigestion, loss of weight, poor assimilation, liver weakness, gastric trouble, constipation and diarrhea.

## མེ་ཏོག

*me.tog*
metok
Flower

## མེ་ཏོག་གླང་སྣ།

*me.tog.glang.sna*
metok lang na
Botanical Name: Pedicularis corybitera H.P. Yang.
Uses: It has medicinal value to treat water retention, constipation, accumulation of serous fluids in the joints and asthma.

## མེ་ཏོག་པད་ཚལ།

*me.tog.pad.tshal*
me tok pey tsel
English Name: Cauliflower
Taste: Sweet
Potency: Slighly cool
Uses: It helps immunize against breast cancer and relieves inflammation, cures *rlung* disease and strengthens the production of blood a other bodily constituents.

## མེ་ཏོག་མ།

*me.tog.ma*
metok ma
Puspi - the offering godd of flower.

## མེ་ཏོག་ལུག་མིག

*me.tog.lug.mig*
metok luk mik
Botanical Name: As himalaicus C.B. Clarke
Taste: Bitter
Potency: Cool
Uses: It is useful in treati infectious common cold a posioning. Its fomentatio beneficial in treating psoria and spasms of the tendon a ligaments.

## མེ་ཏོག་གསེར་ཅན།

*me.tog.gser.chen*
metok ser chen
Botanical Name: Ixeris s Papaver nudicaule L.
Uses: It has medicinal val to heal wounds and necro of the channels.

### མེ་དྲོད།

*me.drod*
me droe
Digestive warmth

### མེ་དྲོད་ཉམས་པ།

*me.drod.nyams.pa*
me droe nyam pa
Diminution of the digestive warmth

### མེ་བུམ།

*me.bum*
me boom
Cupping bowl or vase
Uses: It is recommended in case of pain due to wind-blood disorders, neurological diseases, lumbago conditon, acute pain associated with dyspnoea and external tumours.

### མེ་དབལ།

*me.dbal*
me wel
Erysipelas, Skt. visarpa
A skin disease characterised by inflammation of the skin with burning sensation

### མེ་བཙའ།

*me.btsa'*
metsa
Cauterisation or moxibustion
Uses: It is used against cold-natured disorders such as indigestion, diminished digestive and kidney heat, tumours, disorders due to serous fluid, muscular spasm, epilepsy, and nervous disorders. But it is prohibited against bile inflammation and in the genitals.

### མེ་བཞི།

*me.bzhi*
me shi
1) Hast, Corvas–the 12[th] constellation Syn. *rig.byed*
2) Four kinds of fire i.e. fire of diet, fire of behaviour, fire of medicine and fire of theraphy

### མེ་བཞིན་འཇུག

*me.bzhin.'jug*
meshin juk
Agnivesa; one of the saints who was present during Buddha's teaching on medicine

མེ་ལེན།

*me.len*
melen
An instrument with four holes used during cauterization

མེ་ལོང་།

*me.long*
melong
Ritual mirror

མེ་ལོང་གི་གཡའ།

*me.long.gi.gya'*
melong ki ya
Verdigris from the ritual mirror

མེ་ལྷོག

*me.lhog*
me lhok
A muscular spasm caused by fire element and has symptoms of high temperature and fire-like feeling

མེའི་ཕུང་པོ།

*me'i.phung.po*
me yi fung po
A mass of fire

མེར་མེར་པོ།

*mer.mer.po*
mermer po
First stage of formation foetus

མེས་པོ་ཚངས་པ།

*mes.po.tshangs.pa*
mepo tsang pa
Brahma (the father)

མེས་པོའི་ཞལ་ལུང་།

*mes.po'i.zhal.lung*
mepo shel loong
Oral Instructions of the Fo
fathers
It is one of the be
commentary on The Fo
Tantras (*rGyud bZhi*)

མོ།

*mo*
mo
Female, divination

མོ་ཅོང་།

*mo.cong*
mo chong
'Female' lime stone

## མོ་ལྕམ།

*mo.lcam*
mocham
Malva Sinensis Cavan, species of Malva family

## མོ་གདོན།

*mo.gdon*
modon
Female demons of which there are said to be 360 types

## མོ་རྡོ།

*mo.rdo*
modoh
Female urinary stones (kidney and gall stones removed from a woman) Lit. female stone

## མོ་ནད།

*mo.nad*
mo ney
Gynaecological diseases
Diseases associated with woman

## མོ་ནད་སྤྱི།

*mo.nad.spyi*
mo ney chi
General gynaecological diseases

## མོ་ནད་ཕལ་བ།

*mo.nad.phal.ba*
money fel wa
Common gynaecological diseases

## མོ་ནད་བྱེ་བྲག

*mo.nad.bye.brag*
mo ney je drak
Specific gynaecological diseases

## མོ་རྩ།

*mo.rtsa*
motsa
Female pulse
Its characteristic is thin and taut pulse movement.

## མོ་མཚན་ནད།

*mo.mtshan.nad*
mo tsen ney
Female genital disease

## མོ་གཤམ།

*mo.gsham*
mosham
Barren woman

## མོག་རོ།

*mog.ro*
mok ro
English Name: .
Tree mushroom
Taste: Sweet
Potency: Neutral
Uses: It enhances the production of blood, restores lung disorders, controls bleeding and relieves pain.

## མོན་གྲུ།

*mon.gru*
mon dru
Satbhisha, Aquari
It is one of the twenty seven constellations
Syn. *chu'i.lha.mo*-goddess of water

## མོན་གྲེ།

*mon.gre*
mon drey
Dhamishta, Delphines - one of the twenty seven constellations
Syn. *bya.mjug*-tail of bird, *nam.thong*-seen sky

## མོན་ཆ་ར།

*mon.cha.ra*
monchara
English Name: Oak powder, acorns
Botanical Name: Quercus lanuginosa/acutissima
Uses: It has medicinal value to control both hot and cold natured diarrhoea.

## མོན་བུ།

*mon.bu*
mon boo
It is a synonym of *spang.ram* (Polygonum macrophyllum D. Don).

## མོན་འབྲུ།

*mon.'bru*
mon dru
Millet (khrae)
Uses: It enhances growth and heals fractured bones.

## མོན་སྲན་གྲེའུ།

*mon.sran.gre.'u*
mon sen drey woo
Hindi Name: Mung dal
English Name: French bean, kidney bean (yellow dal)
Taste: Astringent to sweet

Potency: Neutral and oily
Uses: It cures *rlung* disorders due to its oily potency and increases reproductive power of semen and promotes physical strength.

### མོན་སྲན་ལེབ་མོ།

*mon.sran.leb.mo*
mon sen leb mo
English Name: Flat bean, Himalayan bean
Botanical Name: Dolichos lablab L.
Family: Leguminosae
Taste: Astringent to sweet
Potency: Cool
Uses: White flat bean increases *rlung,* but treats fish and vegetable poisoning, colic, diarrhoea, rheumatism, sunstroke and stimulates gastric activities.

### མྱ་ངན་ཆེ་བ།

*mya.ngan.che.ba*
nya ngen che wa
Great sorrow

### མྱ་ངན་བྱེད་པ།

*mya.ngan.byed:pa*
nya ngen jey pa
To grief, to mourn

### མྱ་ངན་ལས་འདས་པ།

*mya.ngan.las.'das.pa*
nya ngen ley dey pa
Nirvana, perfect peace, enlightenment

### མྱག་བྱེད་བད་ཀན།

*myag.byed.bad.kan*
nyak jey bey ken
Decomposing phlegm
*Location:* Epigastric region (upper region of the stomach)
*Function:* Breaking down of solid food into semi-liquid state, mixing the decomposed food for proper digestion.
*Negative Actions:* When this *bad-kan* is out of balance, it causes poor digestion; frequent belching, vomiting, laziness and lethargy.

### མྱང་རྩི་སྤྲས།

*myang.rtsi.spras*
nyang tsi trey
Skt. Name:Yamcheta
English Name: Gold thread
Botanical Name: Coptis teetoides
Uses: It dries excess accumulation of serous fluids and subside infectious fever.

## མྱོང་བྱེད་བད་ཀན།

*myong.byed.bad.kan*
nyong jey bad kan
Experiencing Phlegm
*Location:* Tongue
*Function:* Sends water to the tongue and palate, gives perception of tastes and registers each of the six tastes and sends respective impulses.
*Negative Actions:* When this *Bad-kan* is out of balance, it causes losing the sense of taste, lack of thirst, anorexia, obesity, cold feeling in the tongue and roughness of the voice.

## དམྱལ་བ་བརྒྱད།

*dmyal.ba.brgyad*
nyel wa gey
The eight layers of hell according to the Kalachakra Tantra
1) Pebbles (*gseg.ma*)
2) Sand (*bye.ma*)
3) Swamp (*'dam.chu*)
4) Smoke (*du.ba*)
5) Fire (*me*)
6) Great darkness (*mun.pa.che*)
7) Great wailing (*ngu.'dud.che*)
8) Vajra like flames (*rdo.rje.me.lce*)

## དམན་ལྷག་ལོག་པ།

*dman.lhag.log.pa*
men lhak lok pa
Deficiency, excess and contraindications of diet, treatment and medicine

## དམར་ཐབ།

*dmar.thab*
mar thab
Offending the plague-causing demons by accidently burning blood, meat and animal hair in the stove

## དམར་ཕྱོགས།

*dmar.phyogs*
mar chok
Lit. Red direction
It is a period after the full moon to the new moon i.e. $16^{th}$ to $30^{th}$ of Tibetan Lunar calendar

## དམར་རིལ་མགོ་ནག

*dmar.ril.mgo.nag*
mar ril go nak
Skt. Name: Ratiya lal, Gunchi

Botanical Name: Abrus precatorius
Uses: It is a synonym of *'mda'.rgyus'* and treats haematemesis, cholelithiasis, gynaecological diseases and menorrhagia.

དམིགས་པའི་རྐྱེན།

*dmigs.pa'i.rkyen*
mik pey ken
Objective condition

དམིགས་པའི་ཡུལ།

*dmigs.pa'i.yul*
mik pey yul
Objective object

དམུ་ཆུ།

*dmu.chu*
mu chu
Dropsy of the internal organs (Ascites), Skt. jalodara
It arises when excessive food with cool potency and excessive cold beverage are consumed.

དམུས་ལོང་དག་ལ་རྫས་བསྟན་པ།

*dmus.long.dag.la.rdzas.bstan.pa*
mue long dak la zey ten pa
'Like showing things to a person born blind'
It is an aphorism.

རྨ།

*rma*
ma
Wounds, sore

རྨ་རྒན།

*rma.rgan*
ma gen
Chronic wounds

རྨ་སྤྱི།

*rma.spyi*
ma chi
General wounds

རྨ་བྱ།

*rma.bya*
ma ja
Peacock (Pavo cristatus)

རྨ་བྱའི་མདངས་ལྡན།

*rma.bya'i.mdangs.ldan*
ma jey dang den
Having complexion of a peacock

རྨ་བྱའི་མདོངས།

*rma.bya'i.mdongs*
ma jey dong
Decorative feathers of a peacock

རྨ་རས།

*rma.ras*
ma rey
Sterile gauze

རྨང་གཞི།

*rmang.gzhi*
mang shi
Base, foundation,

རྨི་ལམ།

*rmi.lam*
mi lam
Dreams

རྨི་ལམ་སྐབས་ཀྱི་ཐིག་ལེ།

*rmi.lam.skabs.kyi.thig.le*
milam kab ki thigle
The drop arising in the dream

རྨི་ལམ་བཟང་བ།

*rmi.lam.bzang.ba*
milam sang wa
Auspicious dream

རྨིག་པ།

*rmig.pa*
mik pa
Hoof (of an animal)

རྨིགས་པ།

*rmigs.pa*
mik pa
Gecko lizard

རྨེ་ཅན།

*rme.can*
me chen
Villains

རྨེན་སྐྲན།

*rmen.skran*
men tren
Cystoid tumour

རྨེན་བུ།

*rmen.bu*
men bue
Lymph node; nodule mass, Skt. granthi

རྨེན་བུའི་ནད།

*rmen.bu'i.nad*
men bue ney
Lymphadenopathy

A disease which affects the lymph nodes and is characterised by swelling of the lymph nodes. It generally occurs near the ears, in the neck, arm pits and groin.

## རྨེན་བུའི་ནད་བརྒྱད།

*rmen.bu'i.nad.brgayd*
men bue ney gey
Eight kinds of lymph node disorders

1) *rlung.rmen*-a disorder, which is related to *rlung* and it is characterised by a large sack-like protuberance.
2) *mkhris.rmen*-a disorder connected to *mkhrispa* and it is characterised by burning sensation in the affected lymph nodes accompanied by pain and leads to swollen nodes which are red to yellow in colour.
3) *badkan.rmen.bu*-a disease which is influenced by *badkan* and it is characterised by pale lymph node, hard swelling, and cold feeling in the affected lymph node.
4) *khrag.rmen*-a disease connected with blood and affects the vessels and it is characterised by high fever, swelling and affected part turn red and warm.
5) *sha.rmen*-a disorder related to the muscle tissue and it is characterised by hard, large and greasy swollen swollen nodes, and protruding blood vessels.
6) *tshil.rmen*-a disorder affects fatty tissue and it is characterised by white swollen nodes and cold sensation at the affected area.
7) *rtsa.rmen*-a disorder which are related to the arteries and veins and it is characterised by painful lymph nodes which move around when touched.
8) *'bras.rmen*-a disease which is characterised by oval-shaped hard structured lymph nodes that grow deep inside the body.

## རྨེན་བུའི་རྣམ་བཞག

*rmen.bu'i.rnam.bzhag*
men bue namshak
The endocrine system

## སྨག

*smag*
mak

Botanical Name: Metroxylum sago Rotth
Taste: Astringent
Uses: It treats all kinds of diarrhoea.

## སྨག་ཤད།

*smag.shad*
mak shey
Spiraea schneideriana Rehd

## སྨག་ཤད་ཆུང་བ།

*smag.shad.chung.ba*
mak shey chung wa
Spiraea Canescens D. Don Var

## སྨན་ཁང་།

*sman.khang*
menkhang
Hospital, Clinic

## སྨན་གྱི་རྒྱལ་པོ།

*sman.gyi.rgyal.po*
men ki gyel po
King of medicine; refers to *a.ru.ra*

## སྨན་གྱི་གྲོང་ཁྱེར།

*sman.gyi.grong.khyer*
men ki drong ker
City of medicine

## སྨན་གྱི་ནུས་པ།

*sman.gyi.nus.pa*
men ki nue pa
Potency of medicines

## སྨན་གྱི་དབྱེ་བ་བཅུ།

*sman.gyi.dbye.ba.bcu*
men ki yewa choo
The ten types of medicines
1) *thang*-decoction
2) *phye.ma*-powder
3) *ril.bu*-pills
4) *lde.gu*-medicinal paste
5) *sman.mar*-medicinal butter
6) *thal.sman*-medicinal ash
7) *khan.da*-concentrated decoction
8) *sman.chang*-medicinal wine
9) *rin.po.che*-gem medicine
10) *sngo.sbyor*-herbal compounds

## སྨན་གྱི་སྦྱར་ཐབས།

*sman.gyi.sbyar.thabs*
men ki jar thab
Pharmaceutical compound/ formulation

སྨན་གྱི་བླ།

*sman.gyi.bla*
men ki la
Teacher of medicine (The Medicine Buddha)

སྨན་གྱི་རོ།

*sman.gyi.ro*
men gi ro
Taste of medicinal substances

སྨན་རྒྱུའི་དབྱེ་བ་བརྒྱད།

*sman.rgyu'i.dbye.ba.brgyad*
men gyue yewa gey
The eight classifications of medicinal sources:

1) *rin.po.che*-gem or precious metals
2) *sa*-soil
3) *rdo*-stones
4) *shing*-plants
5) *rtsi*-resin or mucilaginous
6) *thang*-shrubs
7) *sngo*-herbs
8) *srog.chags*-animals

སྨན་སྒ།

*sman.sga*
men ga
Botanical Name: Apilinia officinarum Hance
Taste: Hot to sweet
Uses: It promotes digestive heat, aids digestion, improves appetite and remedies disorders of a *bad.kan-rlung* nature.

སྨན་སྒྲུབ།

*sman.sgrub*
men dup
Preparing 'spiritual medicines'

སྨན་ཆང་།

*sman.chang*
men chang
Medicinal wine or chang

སྨན་ཆུ།

*sman.chu*
men choo
Medicinal water or boiled water with which to take medicines

སྨན་ཆུ་རིགས་ལྔ།

*sman.chu.rigs.lnga*
men choo rig nga
The Five kinds of medicinal water are those that cure:

1. *rlung* disorders
2. *mkhris-pa* disorders
3. *bad-kan* disorders
4. dual humoural disorders

5. triple humoural disorders

སྨན་ཆེན།

*sman.chen*
men chen
Skt. Name: Mitha teli
Botanical Name: Aconitum ferox
Taste: Sweet to hot
Potency: Hot
Uses: It is used to treat cardiac *rlung* problems, fainting, dermatological diseases, loss of bodily heat, epilepsy and bacterial diseases.

སྨན་རྟ།

*sman.rta*
men ta
Excipients (medicinal horse)
The excipients (something mixed with a medicine to make it more easier toadminister and more potent)
Lit. medicinal horses

སྨན་རྟ་གསུམ།

*sman.rta.gsum*
men ta soom
The three excipients
1) Sugar (*ka.ra*),
2) Molasses (*bu.ram*); and
3) Honey (*sbrang.rtsi*).

སྨན་ཐུར།

*sman.thur*
men thoor
Medicinal spoon
A spoon used to measure the dose of decoction and powdered medicine

སྨན་ཐོ།

*sman.tho*
men tho
Prescription

སྨན་པ་གཙང་བ།

*sman.pa.tsang.ba*
men pa tsang wa
Pure physician
A physician who is pure in character and motivation

སྨན་པས་བྱས་པ་མི་གཟོ།

*sman.pas.byas.pa.mi.gzo*
men pey jey pa mi zo
Lacking gratitude for the doctor's effort

སྨན་པའི་དབྱེ་བ།

*sman.pa'i.dbye.ba*
men pey ye wa

Kinds of doctors
1) Insurpassable doctors,
2) Special doctors, and
3) Ordinary doctors

## སྨན་པའི་ལེའུ།

*sman.pa'i.le.'u*
men pey le voo
The chapters on the physicians which defines the qualities and parameters of doctors

## སྨན་ཕྱག།

*sman.phyag*
men chak
Medicinal brushes

## སྨན་སྦྱོར་ཁང་།

*sman.sbyor.khang*
men jor khang
Pharmacy

## སྨན་སྦྱོར་བདུད་རྩི་བུམ་བཟང་།

*sman.sbyor.bdud.rtsi.bum.bzang*
men jor due tsi boom zang
Comprehensive instructions on the formulations of Tibetan medicines by Khyenrab Norbu (1883-1962).

## སྨན་སྦྱོར་ནུས་པ་ཕྱོགས་བསྡུས།

*sman.sbyor.nus.pa.phyogs.bsdus*
men jor nue pa chok due
A comprehensive work by Khenrab Norbu (1883-1962) which deals with effects; uses and actions of more than 153 formulated medicines

## སྨན་བླ་བདེ་གཤེགས་བརྒྱད།

*sman.bla.bde.gshegs.brgyad*
men la de shek gey
The eight Buddhas of medicine
1) *mtshan.lags*-good marks
2) *rin.chen*-precious
3) *gser.bzang*-superior gold
4) *mya.nyan.med*-without sorrow
5) *chos.sgrags*-dharma expositor
6) *mngon.khyen*-knowledge perceptor
7) *sman.bla*-superior physician, and
8) *sha.kya.thub*-Buddha Shakyamuni

## སྨན་བླའི་དཀྱིལ་འཁོར།

*sman.bla'i.dkyil.'khor*
men ley kil khor
Mandala of the Medicine Buddha

སྨན་མར།

*sman.mar*
men mar
Tonic (medicinal butter)

སྨན་ཚགས།

*sman.tshags*
men tsak
Medicinal sieve

སྨན་སག

*sman.sag*
men sak
Medicine file

སྨན་སྲུང་།

*sman.srung*
men soong
The protector deities of medical science

སྨན་སྲུང་སྡེ་དགུ

*sman.srung.sde.dgu*
men soon de goo
The nine protector deities of medicine
1) *srin.po.dgra.dur.'jigs.byed*
2) *mkha'.'gro.lce.spyang.mchu. dmar*
3) *bdud.mo.shan.ti.ro.dzan*
4) *gza'.bdud.khyab.'jug.ra.hu.la*
5) *zhang.blon.chen.po.rdo.rje. bdud.'dul*
6) *gnod.sbyin.bshan.pa.dmar.po*
7) *dam.can.srog.gi.spu.gri*
8) *sngags.srung.ae.ka.dza.ti*
9) *srog.bdag.hab.se.nag.po*

སྨིན་དྲུག

*smin.drug*
min druk
Krittika, Pleiades – one of the twenty seven constellations
Syn. *mang.po.skyes*-grow many, *ma.drug.bu*-mother of six children

སྨིན་པ།

*smin.pa*
min pa
To mature, to ripe

སྨིན་དབྲག

*smin.dbrag*
min dak
Bone above the bridge of the nose

སྨིན་མ།

*smin.ma*
min ma
Eye brows

སྨིན་ཟླ།

*smin.zla*
min da
Kartik, tenth month of Tibetan astronomical system

སྨུག

*smug*
muk
Clouded leopard (Neofelis nebulosa)

སྨུག་ཆུང་འདེན་ཡོན།

*smug.chung.'den.yon*
muk chung den yon
Botanical Name: Meconops henrici Bur er Franch
Taste: Bitter
Potency: Cool
Uses: It is used to treat fractured bone and subside fever associated with the bone and deformed spongy cavernous bones.

སྨུག་པ།

*smug.pa*
mook pa
Fog or mist

སྨུག་པོ་སྦལ་རྒྱབ།

*smug.po.sbal.rgyab*
muk po bel gyab
English Name: Hematite
Scientific Name: Hematicum
Taste: Sweet
Potency: Neutral
Uses: It treats fractured bones, serous fluids accumulation in the chest, brain disorders and wounds.

སྨུག་པོ་གཡུལ་རྒྱལ།

*smugpo.gyul.rgyal*
muk po yul gyel
Conqueror of Brown phlegm
Uses: A compound which cures heart burn, sour watery vomitus, emesis of blood and bile, pain between 12[th] vertebra and stomach-liver region, descending of blood-*mkhrispa* disorders into stomach, upper backache, expansion, hidden and disturbance of brown phlegm (*bad.kan.smug.po).*

སྨེ་འཁོར།

*sme.khor*
mekhor
Cycle of the '*smeba*'

སྨེ་འཕྲེང་གསུམ།

*sme.'phreng.gsum*
me treng soom
The three necklaces of '*smeba*'

སྨེ་འཕྲེང་དང་པོ།

*sme.'phreng.dang.po*
me treng dang po
The first necklace of the '*smeba*' (1864-1923)

སྨེ་འཕྲེང་གཉིས་པ།

*sme.'phreng.gnyis.pa*
me treng nyi pa
The second necklace of '*smeba*' (1924-1983)

སྨེ་འཕྲེང་གསུམ་པ།

*sme.'phreng.gsum.pa*
Me treng sumpa
The third necklace of '*smeba*' (1984-2044)

སྨེ་བ།

*sme.ba*
me wa
1) Moles
2) Magic square numbers which is often used in Tibetan Elemental Astrology *('byung.rtsis)*

སྨེ་བ་དགུ

*sme.ba.dgu*
me wa goo
The nine *smeba* or magic square numbers

སྨེ་བའི་གླིང་སྐོར།

*sme.ba'i.gling.skor*
me wey ling kor
The seats of the *smeba*

སྨེ་ཞག

*sme.zhag*
me shak
Day of the *smeba*

སྨོན་ལམ་གྱི་ནུས་པ།

*smon.lam.gyi.nus.pa*
mon lam gi nue pa
It refers to the power of a medicine (i.e. bezoar-'*dbang.ril*') which are endowed by the prayer of the past Buddhas and Boddhisatvas for the future use of sentient beings

སྨུག་སྔོན།

*smug.sngon*
muk ngon
Hindi Name: Bans

English Name: Young grown shoot of the bamboo
Botanical Name:
Phyllostachys nigra (Lodd) Munro Var

སྨུག་ཆུ་གང་།

*smug.choo.gang*
muk choo gang
Hindi Name: Jiavanti/Jianti
Botanical Name:
Dendrobium amoenum

སྨྱུག་རྩ།

*smyug.rtsa*
nyook tsa
Bamboo shoot
Taste: Sweet to slightly sour
Potency: Cool
Uses: It is used to treat wound, fever of chest and limbs, inflammations, chronic fever, constipation and to prevent cancerous growth.

སྨྱོ་ནད།

*smyo.nad*
nyo ney
Mental disorder or insanity

སྨྱོ་བ།

*smyo.ba*
nyo wa
Madness

སྨྱོ་བྱེད།

*smyo.byed*
nyo jey
Insanity, Skt. unmada

སྨྱོ་བྱེད་ཀྱི་གདོན།

*smyo.byed.kyi.gdon*
nyo jey ki don
Demons causing madness

སྨྲ་བ་མང་།

*smra.ba.mang*
mawa mang
Talkative
It is one of symptoms of wind disorders.

# ཙ།

## ཙ་ཏ་ར།

*tsa.ta.ra*
tsa tara
It is a synonym of *srub.ka* (Anemone rivularis Buch-Ham.)

## ཙ་བྱ།

*tsa.bya*
tsa ja
It is a synonym of *dbyi.mong.dkar.po* (Clematis rehderianum Craib.)

## ཙ་ར་ཀ་སྡེ་བརྒྱད།

*tsa.ra.ka.sde.brgyad*
tsara ka de gey
The eight sections on medicines and treatments

## ཙན་དན་དཀར་པོ།

*tsan.dan.dkar.po*
tsenden karpo
Skt. Name: Chandana
Hindi Name: Safed Chandan
English Name: White Sandalwood
Botanical Name: Santalum album Linn
Family: Santalaceae
Taste: Astringent
Potency: Cool
Uses: It is recommended for pneumonitis, carditis, dermatitis, disturbed fever, inflammation of skin and helps in the elimination of physical odour.

## ཙན་དན་བརྒྱད་པ།

*tsan.dan.brgyad.pa*
tsenden gey pa
Sandalwood Eight
Ingredients: *tsan.dan.dkar.po, cu.gang, gur.gum, li.shi, ut.pal, gla.sgang, rgun.'brum, shing.ngar, ka.ra*
Nature: Cool
Uses: A compound which treats coughing, bronchitis, pneumonia, blood with sputum, pus and fever of the lungs and pain in the liver and the lungs.

## ཙན་དན་བཅོ་བརྒྱད།

*tsan.dan.bco.brgyad*
tsenden chogey
Sandalwood Eighteen

Ingredients: *tsan.dmar, gi.wang, a.ru.gser.mdog, sum.tig, ru.rta, rgya.skyegs, pri.yang.ku, bong.len, re.skon, ba.sha.ka, btsod, 'bri.mog, cu.gang, gur.gum, li.shi, dza.ti, sug.smel, ka.ko.la*
Nature: Cool
Uses: A compound which treats blood pressure, headache, brown phlegm, pain along ribs and upper back, improper blood circulation, blurred vision, dryness of mouth and tongue, sore throat, hepatitis, gastro-enteritis, diarrhoea, vomiting, uneven heartbeat and cholecystitis.

## ཙན་དན་དམར་པོ།

*tsan.dan.dmar.po*
tsenden marpo
Skt. Name: Lal chandan
English Name: Red sandalwood
Botanical Name: Pterocarpus santalinus
Taste: Astringent
Potency: Cool
Uses: It is used against blood infections, proliferation of impure blood, hypertension and helps to maintain a require blood temperature

## ཚབ་རུ་ཚ་བཟོས་པ།

*tsab.ru.tsa.bzos.pa*
tsabru tsa zoe pa
Processed common salt, white mineral salt (Crag halite)
Uses: It treats belching and distension of the abdomen, flatulence, phlegm and wind disorders and restores digestive heat.

## ཙམ་པ་ཀ།

*tsam.pa.ka*
tsampa ka
Skt. Name: Syonaka
Botanical Name: Oroxylum Indicum Linn Vent

## ཙམ་པ་འཁྲུ་བ།

*tsam.pa.'khru.ba*
tsampa toowa
Diarrheoa due to undigested *'tsampa'*

## ཙམ་པ་གྲང་མོ།

*tsam.pa.grang.mo*
tsampa dangmo
Cold *'tsam.pa'* (Hordeum vulgare)

ཚམ་ལོང་།

*tsam.long*
tsamlong
Transverse colon

ཙི་ཏྲ་ཀ།

*tsi.tra.ka*
tsitaka
Skt. Name: Katuvirah
Hindi Name: Lal mirch
English Name: Ceylon Leadwort
Botanical Name: Capsicum frutescens
Taste: Hot
Potency: Warm
Uses: It increases digestive heat, treats second stage of oedema, piles, bacterial diseases and leprosy.

གཙུག་རྒྱན།

*gtsug.rgyan*
tsuk gyen
Crown ornament, headgears

གཙུག་ལག

*gtsug.lag*
tsook lak
The sacred science (astrology and astronomy)

གཙོ་བོ།

*gtso.bo*
tsowo
Predominance, principle, main,

གཙོ་བོ་བརྒྱད་པ།

*gtso.bo.brgyad.pa*
tsowo gey pa
Principle Eight
Ingredients:-*cu.gang, gur.gum, gi.wam, tig.ta, tsan.dan.dkar.po, bong.len, bong.dkar, ba.sha.ka,*
Nature: Cool
Uses: A compound that cures disturbed and contagious fever, chronic pulmonary infection, hepatitis, blood infection and cholecystitis.

གཙོ་བོ་ཉེར་ལྔ།

*gtso.bo.nyer.lnga*
tsowo nyer nga
Principal Twenty Five
Ingredients: *tsan.dkar, cu.gang, gur.gum, hong.len, ba.sha.ka, bong.dkar, rgya.tig, ghi.wam, a.ru, ba.ru, skyu.ru, ma.nu, sle.tres, kan.ta.ka.ri, sga.kya, star.bu, rgun.'brum, a.krong, ga.dur, ba.glo, sro.lo, shing.mngar, pa.yag.tsa.ba, zi.ra.dkar.po,*

*spang.rgyan.dkar.po, bdud.rtsi.lo.ma.*
Nature: Cool
Uses: A compound which cures excessive coughing, constant breathlessness, excessive sputum with blood, pain in the upper back, chest pain, blockage of nasal cavities and chronic pulmonary infection.

## གཙོ་བོས་སྨྲ་བ་མི་ཤེས་འདྲ།

*gtso.bos.smra.ba.mi.shes.'dra*
tso bo mawa mishe da
Resembles a chieftain who can not deliver a speech

## གཙོ་སེམས།

*gtso.sems*
tso sem
Primary mind

## གཙོད།

*gtsod*
tsoe
Hodgson's antelope (Pantholaps hodgsoni Abe)

## གཙོད་རྭ།

*gtsod.ra*
tsoe ra
Antler, the horn of Hodgson's antelope
Uses: It has medicinal value to control diarrhoea.

## བཙག

*btsag*
tsak
Latin Name: Lateritum (a kind of rock)
Taste: Sweet
Potency: Cool
Uses: It treats eye diseases, osteitis or bone fever, and dries up excess lymphatic fluid.

## བཙན།

*btsan*
tsen
Mountain dwelling spirits

## བཙན་དུག

*btsan.dug*
tsen dhook
Skt. Name: Vatsanabha-visa
English Name: Aconite poisoning
Botanical Name: Aconitum richardsonianum Lauener var crispulum W. T.Wang
It is also known as *sman.chen, bong-nga.nag.po, gsod.byed,*

*ha.la.ha.la, ra.dug, 'zin.pa. etc.*
Taste: Sweet
Potency: Cool and highly poisonous
Uses: It subsides pain associated with limbs, joints, muscle tissues, bones and is highly recommended against arthritis, inflammation of muscle tissues and throat.

བཙན་དུག་ལོ་མ།

*btsan.dug.lo.ma*
tsen dhuk loma
Leaves of Aconite sp.

བཙའ།

*btsa'*
tsa
1) Rust
2) Birth

བཙིར་བ།

*btsir.ba*
tsir wa
Squeeze

བཙུན་པ་མེ་ཏོག

*btsun.pa.me.tog*
tsun pa me tok
Botanical Name: Papaver rhoeas L.
Uses: It is beneficial for disturbed blood and back pain.

བཙོང་།

*btsong*
tsong
Skt. Name: Piyaz
English Name: Onion
Botanical Name: Allium Cepa Linn
Taste: Hot
Potency: Warm
Uses: Onion induces sleep, increases appetite, and eliminates rlung and bad-kan disorders. It is used as a stimulant, to promote flow of urine, menstrual flow, removal of mucus secretions from the bronchial tubes, to purify blood, soothes and protects alimentary tract and relieves inflammation. It is also used against tuberculosis, infectious venereal disease, typhoid fever, cough, diabetes, chest and lung problems, rheumatism, influenza, inflammed joints, skin disease, kidney and gallstones, liver problems, intermittent fever, asthama, nausea, constipation, insect

bites, tumours, boils with pus, ulcers, nasal bleeding and arthritis. Garlic and onions may help fight prostate cancer. Researchers have found that men in China have the lowest rate of prostate cancer in the world, due to diet containing garlic and onion.

བཙོང་སྒོག་ཞིང་སྐྱེས།

*btsong.sgog.zhing.skyes*
tsongok shing ke
Allium fistulosum L.

བཙོང་སྒོག་རི་སྐྱེས།

*btsong.sgog.ri.skyes*
tsongok ri ke
Allium calorinianum DC.

བཙོད།

*btsod*
tsoe
Skt. Name: Manjith
Botanical Name: Rubia Cordifolia
Taste: Bitter
Potency: Cool
Uses: It is effective against blood disorders and fever of the lungs, kidneys, intestine and spreading fever.

བཙོས་ཟན།

*btsos.zan*
tsoe zen
Cooked barley

རྩ།

*rtsa*
tsa
Channels
This term refers to the nerves, veins and arteries. There are three types of major channels or *rtsa.*
1) The white one (*rtsa.dkar*) is related to the nerves and leads to the brain
2) The black one (*rtsa.nag*) refers to the veins and leads to the liver and the gall bladder
3) The red one (*rtsa.dmar*) refers to the arteries and leads to the heart.

རྩ་དཀར།

*rtsa.dkar*
tsakar
Nerve disorder
It may appear as hot or cold nature and it is generally characterised by headaches, pain in the upper back, awry mouth and eyes, numbness in

the limbs, loss of function of limbs, loss of memory and speech, insomnia, loss of function of sense organs, itching and cannot tolerate louid noise.

རྩ་སྐྲན།

*rtsa.skran*
tsa tren
Tumours of the channels

རྩ་སྐྲན་ལིང་བ།

*rtsa.skran.ling.ba*
tsa tren lingwa
Dangling tumour of the channels

རྩ་འཁུམ་ནད།

*rtsa.'khum.nad*
tsa khum ney
Tetanus
A disease characterised by contraction of muscles and channels.

རྩ་འཁོར།

*rtsa.'khor*
tsa khor
The Wheel of the Channels or chakras; it refers to the energy centres within the body

རྩ་འཁོར་ལྔ།

*rtsa.'khor.lnga*
tsakhor nga
The five Wheels of the channels

1. *spyi.bo.bde.chen.'khor.lo-* Crown chakra in crown of the head
2. *mgrin.pa.longs.spyod.'khorlo-* Throat chakra in thoracic region
3. *snying.ga.chos.kyi.'khor.lo-* Heart chakra in heart region
4. *lte.ba.sprul.ba'i.'khorlo-* Navel chakra in the stomach region
5. *gsang.gnas.bde.skyong.'khor.lo*-Genitalia chakra in perineal region

རྩ་མཁྲིས།

*rtsa.mkhris*
tsa tree
Lactuca Lessertiana

རྩ་མཁྲིས་མཆོག

*rtsa.mkhris.mchog*
tsa tree chok

Botanical Name: Cicerbita Macrorhiza
Taste: Bitter
Potency: Cool
Uses: It is useful in treating hot disorders of the gall bladder, jaundice and headache.

## རྩ་མཁྲིས་བ་མོ་ཁ།

*rtsa.mkhris.ba.mo.kha*
tsa tee bamo ka
Saussurea graminea Dunu

## རྩ་མཁྲིས་ཞིང་སྐྱེས།

*rtsa.mkhris.zhing.skyes*
tsa tee shing key
Ixeris gracilis DC stebb

## རྩ་ག་བུར།

*rtsa.ga.bur*
tsa gabur
It is a synonym of *pu.shel.rtse* (Dendrobium nobile Lindl.

## རྩ་རྒྱུད།

*rtsa.rgyud*
tsa gyue
The Root Tantra, the first of the four tantras containing six chapters

## རྩ་རྒྱུད་གཟེར་བ།

*rtsa.rgyud.gzer.ba*
tsa gyue zerwa
Neuralgia
A condition characterised by brief but severe pain along the nerves

## རྩ་ཆེན།

*rtsa.chen*
tsachen
Blood letting femoral veins (lit. the great veins)

## རྩ་ཉོན་དྲུག

*rtsa.nyon.drug*
tsa nyon druk
The six root delusions or affictions:
1) *'dod.chags*-attachment
2) *zhe.sdang*-hatred
3) *gti.mug*-ignorance
4) *nga.rgyal*-pride
5) *the.tshom*-doubts; and
6) *log.lta*-wrong views

## རྩ་ཐག་བཅུ་དྲུག

*rtsa.thag.bcu.drug*
tsa thak chu drook
Sixteen Jute Ropes
Ingredients: *tsa.thag.'bras.bu, a.ru, thang.phrom.'bras.bu,*

*sug.smel, sdig.srin, bre.ga, a.'bras, sa.'bras, ba.sha.ka 'jam.'bras, zhu.mkhan'am.'bri.mog, tshos, btsod, shug.tsher, gser.me, mkhal.zho,*
Nature: Warm
Uses: A compound which is mainly used against kidney disorders.

## རྩ་འདབ།

*rtsa.'dab*
tsa dab
The branch channels
It refers to 24 major channels and five hundreds minor channels which branch outward from the five major wheel of channels.

## རྩ་མདུད།

*rtsa.mdud*
tsa due
Varicose (lit. knot of veins)

## རྩ་ནད་བཅུ་དྲུག

*rtsa.nad.bcu.drug*
tsa ney choo duk
Sixteen nervous illnesses; these are illnesses associated with improper flow of menstruation caused when menstruation mixed with wind and serous fluids enters the nervous system, there are ten illnesses associated with agitated blood and six wind agitated natures

## རྩ་པདྨ།

*rtsa.pad.ma*
tsa pema
Chinese herbaceous peony

## རྩ་ཕྲན།

*rtsa.phran*
tsa ten
Capillary
The smallest sub-division of blood vessels which connect the sub-branch veins and arteries.

## རྩ་བ་ལྔ།

*rtsa.ba.lnga*
tsawa nga
The five roots:
1) *lca.ba*-Bleurospermum Tibeticum
2) *ra.mnye*-Polygonatum officinalis
3) *nye.shing*-Asparagus Racemosus
4) *gze.ma*-Tribulus terristeris
5) *ba.spru*-Withania Somnifera

## རྩ་བའི་རླུང་ལྔ།

*rtsa.ba'i.rlung.lnga*
tsawey loong nga
The five principle wind energy:

1) *srog.'dzin.rlung*-life sustaining wind (located at crown of the head)
2) *gyen.rgyu.rlung*-upward moving wind (located at the thoracic region)
3) *khyab.byed.rlung*-pervasive wind (located at the heart region)
4) *me.mnyam.rlung*-fire-like wind (located at the stomach region); and
5) *thur.sel.rlung*-downward moving wind (located at the perineal region)

## རྩ་བའི་རོ་དྲུག

*rtsa.ba'i.ro.drug*
tsawey ro dook
The six root or fundamental tastes

1) *mngar.ba*-sweet
2) *skyur.ba*-sour
3) *lan.tsha.ba*-salty
4) *kha.ba*-bitter
5) *tsha.ba*-acrid; and
6) *bska'.ba*-astringent.

## རྩ་བྱུག

*rtsa.byug*
tsa jook
Channel ointment
Uses: This compound is mixed with old butter and oil to massage for nerve disorders.

## རྩ་སྦྱོང་།

*rtsa.sbyong*
tsa jong
Cleansing of the channels

## རྩ་སྦྱོང་དངོས།

*rtsa.sbyong.dngos*
tsa jong ngoe
The actual cleansing of the channels

## རྩ་དབུ་མ།

*rtsa.dbu.ma*
tsa woo ma
The central energy channel
The central energy channel stands midway between the left and right channels and extends from the tip of the sex organ up to the top of the head from where it bends down in an arch and terminates between the

eyebrows. These form at the heart, while the fetus is still in the womb. The essential drops *(Thigle)* pass through this energy channel.
The *sushumna nadi*, located within the spinal cord, begins at the pelvic plexus and ends in the cerebro-spinal axis between the two hemispheres of the brain. The seven chakras are located along the sushumna nadi from the top of the head to the base of the spine

རྩ་རྨ་མདོངས།

*rtsa.rma.mdongs*
tsa ma dong
Botanical Name: Pteris cretica L.
Taste: Sweet
Potency: Neutral
Uses: It is used to treat white discharge, poisoning, fever, accumulation of serous fluid at the joints, bleeding and burns.

རྩ་ཚད།

*rtsa.tshad*
tsa tshey
Nerve fever
A kind of nerve disorder characterised by the presence of heat in the nerves resulting in fever and extreme pain.

རྩ་གཟན་སྲོག་ཆགས།

*rtsa.gzan.srog.chags*
tsa zen sok chak
Herbivore animals

རྩ་རམ་པ།

*rtsa.ram.pa*
tsa rampa
Botanical Name: Pennisetum flaccidum Griseb
Uses: It detoxifies sulphur, heals poisoning due to poisonous insects that have entered the body, and is beneficial for urinary retention.

རྩ་རླུང་ཐིག་ལེ།

*rtsa.rlung.thigle*
tsa loong thikley
Channels, Wind and Drops
These are not only the principle life supporting substances of human body, but also the key means to attain enlightenment. The knowledge of *Tsa, rLung*, and *Thigle* is a must for us to keep

our mind, body and spirit in sound health as well as to understand our true nature. The Mother Tantra *(Ma.rGyud)* uses the metaphor of a wild horse for the vital breath and the rider for the mind. The wild horse is blind so it needs a guide, and the rider is lame so he/she needs help to be carried. They need each other in order to flow together through the paths of subtle channels *(rTsa)*. The Internal Kalachakra *(Nang Dus kyi Khorlo)* uses the metaphor of a house for the channels, essential drops as the property and vital breath and mind as the owner. Therefore, these three fundamental interdependent components of our body can be utilized through proper Tibetan Yantra Yoga *('khrul.khor)*, the 'Magical Wheel' practice to understand the ultimate nature of all phenomena. From this it is very clear that these three principle components of our body are the very basis of our consciousness to sustain and survival of our lives.

རྩ་གསུམ།

*rtsa.gsum*

tsa soom

The three channels

It refers to subtle inner channels along which subtle wind and drops flow.

1) Left channels (*rkyang.ma*)
2) Right channels (*ro.ma*) and
3) Central channels (*dbu.ma*)

རྩ་ཨ་གྲོང་།

*rtsa.a.krong*

tsa a tong

Botanical Name: Arenaria festucoides

Taste: Astringent to sweet

Potency: Cool and blunt

Uses: It is used to treat lung fever, coughing and difficulty in extracting sputum.

རྩ་ཨ་བ།

*rtsa.a.ba*

tsa awa

Botanical Name: Carex sp., Lloydia serotina.

Taste: Slightly bitter

Potency: Cool

Uses: It is recommended for chest sores, eye diseases and is useful in the treatment of chest injury due to accident

and pus formation in the chest.

རྩངས་པ།

*rtsang.pa*
tsang pa
Mountain lizard (Agama himalayana sacra smith)

རྩངས་པའི་རླུང་།

*rtsang.pa'i.rlung*
tsang pey loong
Chameleon wind, *Skt. krekara*
Location: South-west petal of the heart
Element: Fire
Actions: It causes sneezing and coughing, prevents external substances from passing into the nasal passages. It flows through the southwest subsidiary channel.

རྩད།

*rtsad*
tsey
Botanical Name:
Pleurospermum sp.
Uses: It treats all kinds of poisoning and subside fever arising from poisoning.

རྩད་རྒོད།

*rtsad.rgod*
tsey goe
Botanical Name:
Pleurospermum hookeri
Taste: Bitter
Potency: Cool
Uses: It is used as an anti-toxin, subside spreading fever, fever from poison and useful in relieving inflammation.

རྩབས།

*rtsabs*
tsab
Yeast for fermenting curd

རྩབ་རུ་ཚྭ།

*rtsab.ru.tsha*
tsab ru tsha
Crag halite
Taste: Hot
Uses: It cures constipation.

རྩལ་མཐུས་ཟ་བའི་སྡེ།

*rtsal.mthus.za.ba'i.sde*
tsel thue za wey de
Birds of prey

རྩི།

*rtsi*
tsi
Antidote or protection from the devil of death

རྩི་དམར་གྱི་ཕོར་བ།

*rtsi.dmar.gyi.phor.ba*
tseemar gi forwa
Red painted bowls

རྩི་སྨན།

*rtsi.sman*
tsee men
Mucilaginous medicine
A kind of medicine which produce effect because of the strength of their fragrance like Cinnamomum camphora (*ga.bur*), and white sandal wood *(tsan.dkar)*.

རྩི་ཤིང་།

*rtsi.shing*
tse shing
Plants

རྩི་ཤིང་རིག་པ།

*rtsi.shing.rig.pa*
tsee shing rikpa
Botany
The scientific study of plants.

རྩིང་སྤྱོད།

*rtsing.spyod*
tsing choe
Barbarous behaviour, immoral behaviour

རྩིབ་མ།

*rtsib.ma*
tsib ma
Ribs

རྩིའི་ཁྲག

*rtsi'i.khrag*
tsi trak
It is a synonym of *bri.mog* (Onosma sps.)

རྩིས་ཀྱི་ལེའུ།

*rtsis.kyi.le'u*
tsee ki le voo
1) Chapter on astrology
2) Synopsis of The Root Tantra

རྩིས་པ།

*rtsis.pa*
tsee pa
Astrologer
Syn. *dus shes, bla mkhyen*

རྩིས་པའི་བླ་རྡོ་ལྔ།

*rtsis.pa'i.bla.rdo.lnga*
tsee pey la do nga
The five soul stones of the astrologer;

1) *Rang.thag*-machine
2) *Ka.ba*-pillar
3) *Bang.nga*-store house
4) *Sgyed.bu*-hearth; and
5) *Ma.them*-steps

རྩིས་རིག

*rtsis.rig*
tsee rik
Science of calculation

རྩིས་རིག་སྡེ་ཚན།

*rtsis.rig.sde.tshan*
tsee rik de tsen
Astro. Department

རྩེ་སྐར།

*rtse.skar*
tse kar
Pole star

རྩེ་ཆུང་གཉིས།

*rtse.chung.gnyis*
tse choong nyi
Two small blood letting extremities of the jugular vein

རྩེ་འདྲ།

*rtse.'dra*
tse dra
Vulnerable blood vessels associated with heart and liver (lit. resembling extremities)

རྩེ་ནག

*rtse.nag*
tse nak
Lit. black extremities
It refers to two vulnerable blood vessels of the jugular veins

རྩོད་ལྡན་གྱི་དུས།

*rtsod.ldan.gyi.dus*
tsoe den gi due
Degenerating era (lit. quarrelsome period)

རྩོལ་ཆུང་།

*rtsol.chung*
tsol choong
Lassitude (a symptom of wind consumption)

རྩོལ་བས་དུབ་པ།

*rtsol.bas.dub.pa*
tso wey doob pa
Tired from overwork

རྩགས་བུ།

*rtsags.bu*

tsak boo

Lancet

It is an instrument used for venesection.

རྩགས་བུའི་ཤུབས།

*rtsags.bu'i.shubs*

tsak bue shoob

Lancet case

བརྩི་བྱ།

*trtsi.bya*

tsee ja

Native person, concerned person

བརྩི་བྱེད།

*brtsi.byed*

tsee jey

Method of calculation

བརྩི་ཐབས།

*brtsi.thabs*

tsee thab

Means of calculation

བརྩེ་བ།

brtse.ba

tse wa

Love, affection

བརྩོན་འགྲུས།

*brtson.'grus*

tson due

Diligence

བརྩོན་འགྲུས་ཀྱི་སྟོབས།

*brtson.'grus.kyi.stobs*

tson due ki tob

Power of diligence

# ཚ།

ཚ་གྲང་།

*tsha.grang*
tsa dang
Hot and cold

ཚ་གྲང་གལ་མདོ།

*tsha.grang.gal.mdo*
tsa dang gel doh
Important approaches in distinguishing hot and cold disorders

ཚ་ཆུ།

*tsha.chu*
tsa choo
Urine which indicates hot disorder (lit. hot water)

ཚ་བ།

*tsha.ba*
tsawa
1) Hot disorders
2) Acrid taste
3) heat

ཚ་བ་སྤྱི།

*tsha.ba.spyi*
tsawa chi
General fever

ཚ་བ་གསུམ།

*tsha.ba.gsum*
tsawa soom
A collective name for the following three hot:
1) Piper longum L.-*pi.pi.ling*
2) Piper nigrum L.-*pho.ba.ris*
3) Zingiber officinale Rosc.-*sman.sga*

ཚ་བའི་སྤྱི་རྩ་དྲུག

*tsha.ba'i.spyi.rtsa.drug*
tsa wey chi tsa dook
The six general characteristics pulse of hot disorders
1) Strong-*drag*
2) Overflowing-*rgyas*
3) Rolling-*'dril*
4) Fast-*mgyogs*
5) Taut-*grims*; and
6) Firm-*'khrang*

ཚ་བ་མ་སྨིན་པ།

*tsha.ba.ma.smin.pa*
tsawa ma minpa
Immature fever or fever in its initial stage

ཚ་བའི་སྨན།

tsha.ba'i.sman

tsha wey men
Febrifuge

ཚ་བ་རི་ཐང་མཚམས།

*tsha.ba.ri.thang.mtshams*
tsawa ri thang tsam
A state between the recovery from a hot disorder and arising of a cold disorder

ཚ་བ་ལ་འདས།

*tsha.ba.la.'das*
tsawa la dey
A fever which is beyond treatment

ཚ་འབྲུམ།

*tsha.'brum*
tsa doom
Fever associated with Small-pox

ཚ་ཚ།

*tsha.tsha*
tsa tsa
Small clay images of Buddha and other holy dieties made from clay

ཚ་རིམས།

tsha.rims
tsa rim
Infectious fever

ཚ་ལ།

*tsha.la*
tsa la
Scientific Name: Borax
Taste: Salty
Potency: Slightly acrid
Uses: It treats cuts and wounds, improves circulation of blood, dries up excess accumulation of serous fluid and is diuretic.

ཚ་ལ་མཆོག

*tsha.la.mchog*
tsa la chok
Superior borax

ཚ་ལ་དམན་པ།

*tsha.la.dman.pa*
tsa la menpa
Inferior borax

ཚངས་པ།

*tshangs.pa*
tsang pa
Brahma

ཚངས་པའི་འཁོར་ལོ།

*tshangs.pa'i.'khor.lo*
tsang pey khorlo
The wheel of Brahma

ཚངས་པའི་ཐིག

*tshangs.pa'i.thig*
tsang pey thik
Vertical axis (lit. Brahma line)

ཚངས་པའི་བུ་ག

*tshang.pa'i.bu.ga*
tsang pey boo ga
The anterior fontanelle

ཚད་འཁྲུ།

*tshad.'khru*
tsey troo
Cholera/Fever associated with diarrhoea and dysentary

ཚད་འཁྲུའི་རྒྱུ་རྐྱེན།

*tshad.'khru'i.rgyu.rkyen*
tsey too gyoo kyen
Primary and secondary causes of tropical diarrhoea

ཚད་དགུང་།

*tshad.dgung*
tshey goong
Noon heat

ཚད་མེད་བཞི།

*tshad.med.bzhi*
tsey mey shi
A four boundless practices (lit. four immeasurables)

1) *snying.rje*-(love) a thought that wishes all living beings attain happiness and the causes of happiness
2) *byams.pa*-(altruistic mind) an attitute, that wishes all living being be free from suffering
3) *dga'.ba*-(joy) rejoicing, when one sees other living beings, free from suffering and are not separated from happiness and the causes of happiness,
4) *btang.snyoms*-(equanimity) a sense of equanimity to all living beings irrespective of casts, colours, sex and free from attachment and hatred

ཚད་གསར།

*tshad.gsar*

tsey sar
Newly contracted fevers, fresh fever

ཚན་ཨའུ་རྩི།

*tshan.a'u.rtsi*
tsen a u tsee
Botanical Name: Fritillaria Cirrhosa D. Don ( Sedum sp.)
Taste: Bitter
Potency: Cool
Uses: It is used for treating infectious fever, burns, swelling due to inflammation and poisononing from snake and scorpion bites.

ཚར་བོང་།

*tshar.bong*
tsar bong
Botanical Name: Artemisia Desertorum Spreng
Taste: Bitter to hot
Potency: Neutral
Uses: It treats throat infection, lung diseases, pharyngitis and relieves swelling due to hot disorder.

ཚར་བོང་དཀར་པོ།

*tshar.bong.dkar.po*
tsar bong karpo
Artemisia desertorum Spreng

ཚར་བོང་སྨུག་པོ།

*tshar.bong.smug.po*
tsar bong mook po
Botanical Name: Artemisia paruiflora Roxb

ཚར་ལེབ།

*tshar.leb*
tsa leb
Botanical Name: Coloneaster microphyllus agg.
Taste: Sweet, sour and astringent
Potency: Neutral
Uses: Its fruit is used to treat excessive menstrual flow, whereas its leaves are useful in curing gynaecological problems and controlling bleeding.

ཚིགས་འགྱུར་བ།

*tshigs.'gyur.ba*
tsik gyur ba
Dislocation
A displacement of a bone

ཚིགས་འཆུས་པ།

*tshigs.'chus.pa*
tsik chue pa
Strain (strain of bone joints)

ཚིགས་པ་བརྒྱ་པ།

*tshigs.pa.brgya.pa*
tsik pa gya pa
A synonym of *rtsa.ram.pa* (Pennisetum flaccidum Griseb)

ཚིགས་དམིགས།

*tshigs.dmigs*
tsig mik
Joints (which are the seat of connecting phlegm)

ཚིག་རྩུབ།

*tshig.rtsub*
tsik tsub
Verbal abuse, harsh words

ཚིལ།

*tshil*
tsil
Fats, fatty tissues (one of the seven bodily constituents)

ཚིལ་ཤུབས་དཀར་ནག

*tshil.shubs.dkar.nag*
tsil shoob kar nak
Upper and lower parts of the rectum

ཚུར་དཀར།

*tshur.dkar*
tsur kar
Latin Name: Alumitum (Alum)
Uses: It has medicinal value to treat bad oral odour and disorders associated with bones.

ཚུར་ནག

*tshur.nag*
tsur nak
Black fibroferitum

ཚུར་སེར།

*tshur.ser*
tsur ser
Yellow fibroferitum

ཚུལ་འཁྲིམས།

*tshul.'khrims*
tsultrim
Moral discipline

ཚུལ་ཕྱེད་པ།

*tshul.phyed.pa*
tsool chey pa
Discernible manifestations (the third stages of disease)

ཚེ་སྒྲུབ།
*tshe.sgrub*
tsedup
Rituals to attain longevity

ཚེ་ཆོག།
*tshe.chog*
tsechok
Conferal of the rites of longevity

ཚེ་དཔག་མེད།
*tshe.dpag.med*
tsepak mey
Amitayus (lit. infinite life span)

ཚེ་དཔལ་སྐྱོབས་པའི་ལྷ་བརྒྱད།
*tshe.dpal.skyobs.pa'i.lha.brgyad*
tsepal kyob pey lha gey
The eight protector deities of longevity and well beings

ཚེ་འཕེལ།
*tshe.'phel*
tse fel
Prolong life span

ཚེ་དབང་།
*tshe.dbang*
tsewang
Empowerment of longevity

ཚེ་རྩིས།
*tshe.rtsis*
tse tsee
Horoscope, natal chart

ཚེ་ཚད།
*tshe.tshad*
tsey tsey
Life-span

ཚེ་ཟད་རླུང་གུད།
*tshe.zad.rlung.gud*
tsey zey loong gue
Cessation of lifespan and diminution of good luck (wind horse)

ཚེ་སྲོག་བླ་གསུམ།
*tshe.srog.bla.gsum*
tse sok la soom
Life span, life force and spirit (the three basic faculties of our life)

ཚེ་བསླུ།
*tshe.bslu*
tse loo
Ransom of the longevity

ཚེ་ལྷ་རྣམ་གསུམ།

*tshe.lha.rnam.gsum*
tse la nam soom
The three longevity deities
1) *Tse pak med*-Amitayus
2) *Dol kar*-White Tara
3) *Namgyal ma* –Vijaya

ཚེ་ལྷག

*tshe.lhag*
tse lhak
Remaining life span

ཚེའི་རྩ།

*tshe'i.rtsa*
tse yi tsa
Channels of life; life channels

ཚེར་སྔོན།

*tsher.sngon*
tser ngon
English Name: Blue poppy, Queen of Himalayan Flowers
Botanical Name:
Meconopsis horridula Hook f. et Thoms).
It has two kinds:
1) Meconopsis aculeata (found in Manali, India)
2) Meconopsis horridula (found in Tibet)

Uses: Both have medicinal value to subside bone fever, heal fractured bones, cranial wounds and sores and relieve severe pain in the ribs and upper part of the body.

ཚེས་ཆད་ལྷག

*tshes.chad.lhag*
tse chey lhak
Doubled and skipped days in Tibetan Lunar calendar

ཚེས་ཞག

*tshes.zhag*
tshe shak
Lunar day

ཚེས་ཞག་གཟའ་ལྔ།

*tshe.zhag.gza'.lnga*
tshe shak za nga
The five planets of a lunar day

ཚེས་ཟླ།

*tshes.zla*
tsedah
Lunar Months
Lunar month is the time period of completion of waxing and wanning of the moon in 30 days.

## ཚོགས་གཉིས།

*tshogs.gnyis*
tsok nyi
Dual accumulation:
1) *sod.nams.kyi.tshogs-* accumulation of merits
2) *ye.shes.kyi.tshogs-* accumulation of insights

## ཚོགས་ལམ།

*tshogs.lam*
tsok lam
Path of accumulation

## ཚོགས་གསོག་པ།

*tshogs.gsog.pa*
tsok sok pa
To accumulate merit and pristine cognition

## ཚོང་གི་གནམ་སྒོ།

*tshong.gi.gnam.sgo*
tshong gi namgo
Lit. the sky door of business, refers to every $2^{nd}$, $12^{th}$ and $22^{nd}$ days of the month and are said to be unfavourable for business and may bring continous loss

## ཚོར་བ།

*tshor.ba*
tsorwa
Feeling or sense (an aspect of the mind which experiences objects as pleasant, unpleasant or neutral)

## ཚོས།

*tshos*
tsoe
Skt.Name: Lakh pipal
Botanical Name: Laccifer lacca

## ཚོས་གསུམ།

*tshos.gsum*
tsoe soom
It is a collective name for the following three ingredients:
1) Rubia cordifolia L. *(bstod)*
2) Onosma sps *('bri.mog)*
3) Red lac *(rgya.skyegs)*

## མཚང་འབྲུ།

*mtshang.'bru*
tsang doo
Finding faults

## མཚན་གྱི་ཐོག་མ།

*mtshan.gyi.thog.ma*

tsen kyi thok ma
Beginning of the night

མཚན་ཉིད།

*mtshan.nyid*
tsen nyi
Characteristic, properties

མཚན་ཉིད་རིག་པ།

*mtshan.nyid.rig.pa*
tsen nyi rik pa
Philosophy (Buddhist dialetic)

མཚན་ཐུང་ཤོས།

*mtshan.thung.shos*
tsen thoong shoe
The shortest night
The night is shortest during Summer solstice day.

མཚན་བར་རྡོལ་བ།

*mtshan.bar.rdol.ba*
tsen bardol wa
Perineal fistula, Anal fistula

མཚན་མེད་མ་ནིང་།

*mtshan.med.ma.ning*
tsen mey maning
Being who has neither the physical characteristic of male nor of female

མཚན་དམར།

*mtshan.dmar*
tsen mar
A synonym of *sro.lo.dmar.po* (Rhodiola crenulata)

མཚན་ཚད།

*mtshan.tshad*
tsen tsey
Duration of the night

མཚན་བཟང་པོ་སོ་གཉིས།

*mtshan.bzang.po.so.gnyis*
tsen sangpo sonyi
Thirty two major marks of Buddha

1) *phyag.zhabs.'khor.los.mtshan pa*-the palms of his hands and feet bear sings of a wheel
2) *rus.sbal.bzhin.du.zhabs.shin. tu.gnas.pa*-his feet are well set upon the ground like a tortoise
3) *phyag.zhabs.sor.mo.dra.bas. 'brel.ba*-his fingers and toes are webbed
4) *phyag.zhabs.'jam.zhing. gzhon.sha.chags.pa*-the palms of his hands and feet are smooth and tender
5) *phyag.dang.zhabs.dang.thal.*

*gong.dang.ltag.pa'i.phyogs. mtho.ba'i.phyir.sku'i.gnas. bdun.mtho.ba*-his body has seven prominent features: broad heels, broad hands, broad shoulder blades and broad neck

6) *sor.mo.ring.ba*-his fingers are long
7) *rting.pa.yangs.pa*-his heels are soft
8) *sku.che.zhing.drang.ba*-he is tall and straight
9) *zhabs.kyi.long.bu.mi mngon.pa*-his ankle-bones do not protrude
10) *sku.'i.spu.gyen.du.phyogs. pa*-the hairs on his body point upward
11) *byin.pa.ri.dags.ae.na.ya. 'dra.ba*-his ankles are like an antelope's
12) *phyag.ring.zhing.mdzes.pa*-his hands are long and beautiful
13) *mdoms.kyi.sba.ba.sbubs.su. nub.pa*-his male organ is withdrawn
14) *pags.pa.gser.mdog.'dra.ba*-his body is the colour of gold
15) *pags.pa.srab.cing.'jam.pa*-his skin is thin and smooth
16) *ba.spu.re.re.nas.gyas.phyogs. su.'khyil.ba*-each hair curls to the right
17) *zhal.mdzod.spus.rgyan.pa*-his face is adorned by a coiled hair between his eyebrows
18) *ro.stod.seng.ge.'dra.ba*-the upper part of his body is like that of a lion
19) *dpung.pa'i.mgo.shin.tu.zlum. pa*-his head and shoulders are perfectly round
20) *thal.gong.rgyas.pa*-his shoulders are broad
21) *ro.mi.zhim.pa.ro.mchog. snang.ba*-he has an excellent sense of taste even of the worse tates
22) *sku.bya.gro.ltar.chu.zheng. gab.pa*-his body has the proportions of a banyan tree
23) *gtsug.tor.bltar.mi.mngon.pa*-he has a protrusion on the crown of his head
24) *ljags.ring.zhing.srab.pa*-his tongue is long and thin
25) *gsung.tshangs.dbyangs.lta. bu*-his voice is mellifluent
26) *'gram.pa.seng.ge.'dra.ba*-his cheeks are like those of a lion
27) *tshoms.shin.tu.dkar.ba*-his teeth are white

28) *tshoms.mnyam.pa*-there are no gaps between his teeth
29) *tshems.thags.bzang.ba*-his teeth are evenly set
30) *tshems.bzhi.bcu.mnga'ba*-he has a total of forty teeth
31) *sphyan.mthon.mthin.'dra.ba*-his eyes are the colour of saphire
32) *sphyan.gyi.rdzi.ma.ba.mchog.gi.rdzi.ma.dang.'dra.ba*-his eyelashes are like those of a magnificient heifer.

## མཚན་རིང་ཤོས།

*mtshan.ring.shos*
tsen ring shoe
The longest night
The night is longest during Winter solstice day.

## མཚམས།

*mtsham·*
tsam
1) Retreat (refers to an intensive silent meditation dedicated to the practice of a particular diety)
2) Boundary or border line

## མཚལ།

*mtshal*
tsel
Scientific Name: Cinnabaris
Taste: Sweet
Uses: It treats wounds, infections associated with pulmonary, hepatic and nerves.

## མཚལ་མཐལ།

*mtshal.mthal*
tsel thel
Vermilion ash

## མཚུན་གཏོར།

*mtshun.gtor*
tsoon tor
Making *gtor.ma* or sacrificial offering cake on behalf of deceased ancestors

## མཚུན་ལྷ།

*mtshun.lha*
tsoon la
Ancestral gods

## མཚུལ་བ།

*mtsul.ba*
tsul wa
The nasal cavity

## མཚེ།

*mtshe*

tsey
Skt. Name: Son latha
Botanical Name: Ephedra Equisetina

མཚེ་ལྡུམ།

*mtshe.ldum*
tse doom
Skt. Name: Son latha
Botanical Name: Ephedra geradiana
Taste: Bitter
Potency: Cool
Uses: It is a rejuvenating agent, stops bleeding from arteries, subside fever associated with liver, gall bladder, spleen and all kinds of initial and chronic fevers.

མཚོ་དྲུག

*mtsho.drug*
tso dook
The six lakes
1) Lake of honey
2) Lake of butter
3) Lake of yoghurt
4) Lake of milk
5) Lake of water; and
6) Lake of *chang*

མཚོ་སྨན།

*mtsho.sman*
tsomen
Lake-haunting *sMan.mo* spirits

མཚོ་རྩ།

*mtsho.rtsa*
tso tsa
English Name: Seaweed
Taste: Salty
Potency: Neutral
Uses: It is beneficial in treating goitre, diptheria, swelling of food and prevents dental necrosis.

མཚོ་ཚྭ།

*mtsho.tshva*
tso tsah
English Name: Lake salt
Taste: Sweet
Potency: Warm
Uses: *See (rgyam.tshva)*

མཚོག་གསང་།

*mtshog.gsang*
tsok sang
Lit. concealed likeness, refers to a vein located four fingers breath (*sor.bzhi*) from the hair line

མཚོན།

mtshon

tshoen
1) Weapons,
2) The fore finger

མཚོན་གྱི་དྲུ་བུ།

*mtshon.gyi.dru.bu*
tson gi droo boo
Coloured thread wounded into balls

མཚོན་མོ་སྟེང་།

*mtshon.mo.steng*
tson mo teng
White lead (Bitumen)

འཚོ་ཆེས།

*'tsho.ches*
tsho chey
Obesity

འཚོ་བ་གསུམ།

*'tsho.ba.gsum*
tsowa soom
The three factors of living:
1) *tshe*-life
2) *bsod.nams*-merits
3) *las*-karma

འཚོ་བ་གསུམ་ཟད།

*'tsho.ba.gsum.zad*
tsowa soom zey
Exhaustation of three life supporting factors:
*1) tshe*-one's life span
*2) las*-karma
*3) bsod.nams*-merits

ཚྭ་སྣ་གསུམ།

tshwa.sna.gsum
tsa na soom
A collective name for three varieties of salt
1) Sal ammoniac *(rgya.tshva)*
2) Rock salt *(rgyam.tshva)*
3) Halitum violaceum *(kha.ru.tshva)*

# ཛ།

## ཛ་ཏི།

*dza.ti*
zati
Skt. Name: Jatiphala
Hindi Name: Jaiphal/Jati
English Name: Nutmeg
Botanical Name: Myristica fragrans Houtt
Family: Myristicaceae
Taste: Hot
Potency: Promotes heat
Uses: It is useful in the treatment of *rlung* disorders, heart ailments, angina pectoris, indigestion, nausea, dysentery, insomnia, bronchial irritations and generates heat, helps in digestion and promotes appetite.

## ཛ་ཏི་ཕ་ལ།

*dza.ti.pha.la*
zati fala
It is a synonym for the nut of Myristica fragrans Houtt.

## ཛ་ཏྲི་ཀ།

*dza.tri.ka*
za ti ka
Botanical Name: Campanula sp.
Taste: Bitter to astringent
Potency: Neutral
Uses: It is useful in treating white and blood discharge and *rlung* disease.

## མཛུབ་ཚལ།

*mdzub.tshal*
zoob tsel
English Name: Lady's finger
Hindi Name: Bhindi
Botanical Name: Abelmoschus esculentus
Taste: Astringent to sweet
Potency: Cool
Uses: It acts as a softener for inflamed parts. It is useful in relieving flatulence, gripping pains from stomach and bowels, spasms, pneumonia, urinary problems, heart diseases, bronchitias, tuberculosis of the lungs, and soothes and protects the alimentary tract.

མཛུབ་མོ།

*mdzub.mo*
zub mo
Fore finger

མཛུབ་གང་།

*mdzub.gang*
zub gang
One forefinger
A measure of length used in Tibet.
One *mdzub*, refers to the distance measured from the tip of the index finger to its base.

མཛེ།

*mdze*
zey
Leprosy, Skt. kustha
It is belived to be caused by one's action in former life or water spirits(*klu*) when they get offended and is thus also known as *klu.nad* (disease of *klu*).

མཛེ་ཚ།

*mdze.tsha*
zey tsa
Glauber's salt

མཛེའི་ནད་པ།

*mdze'i.nad.pa*
ze yi ney pa
Leper

མཛེར་པ།

*mdzer.pa*
zer pa
Wart, though generally white in colour one found on the toes of the feet are refered to as black wart (*mdzer.pa.nag.po*)

མཛོ།

*mdzo*
zo
A cross between yak and cow

མཛོ་ཁལ།

*mdzo.khal*
zo khel
Heavy load carried by *Dzo*

མཛོ་རྒོད།

*mdzo.rgod*
zo goe
Wild cattle (Bus taurus q.)

མཛོ་མོ་ཤིང་།

*mdzo.mo.shing*
zomoshing
Botanical Name: Caragana jubata
Taste: Bitter
Potency: Cool
Uses: It is used against hot disorders associated with the blood, blood cysts and enhances circulation of blood.

མཛོད།

*mdzod*
zoe
Store, treasury, depositary

འཛག་པ།

*'dzag.pa*
zak pa
To leak

འཛམ་བུ་གླིང་ཆུང་བ།

*'dzam.bu.gling.chung.ba*
zambu ling choong wa
A small land of Zambu
The three southern continents are called small and lord of Zambuling. The central southern continents contains six region:
1) *gangs.ldan*-the great Snow Range
2) *sham.bha.la*-shambala
3) *rgya.nag*-China
4) *li*-khotan
5) *bod*-Tibet
6) *rgya.gar*-India

འཛམ་བུ་གླིང་ཆེ་བ།

*'dzam.bu.gling.che.ba*
zambuling chewa
The greater land of zambu

འཛིང་ག་བསྐྱེ་བ།

*'dzing.ga.bkye.ba*
zing ka key wa
Wrestling, fighting

འཛིན།

*'dzin*
zin
To hold, grasps, catch (e.g. self grasping-*bdag.'dzin*)

འཛིན་པ།

*'dzin.pa*
zinpa
English Name: Wolfsbane
Botanical Name: Aconitum Napellus Linn

Uses: It has medicinal value to control epidemics, infections fever and oedema.

འཛིན་པ་དཀར་པོ།

*'dzin.pa.dkar.po*
zinpa karpo
Aconitum napellus Linn (White aconite)

འཛིམ་ནག

*'dzim.nag*
zim nak
Allium przewalskianum Regel; it is a type of Allium. Uses: It cures animacules in the head.

རྫ་མཁན།

*rdza.mkhan*
za khen
Potter

རྫ་ཕོར།

*rdza.phor*
zafor
Earthern bowls

རྫས།

*rdzas*
zey
Substances, materials, chemical, ingredients

རྫས་འགྱུར་རིག་པ།

*rdzas.'gyur.rig.pa*
zey gyoor rikpa
Chemistry

རྫི་འཁོར་བ།

*rdzi.'khor.ba*
zee khor wa
Dizziness due to wind disorders

རྫི་དུག

*rdzi.dug*
zi dhuk
Air poisoning, poisoning from air, Skt. vayu-dusti

རྫི་མ།

*rdzi.ma*
zi ma
Eye-lash

རྫིང་བུ།

*rdzing.bu*
zing boo
Pond or pool

རྫུ་འཕྲུལ།

*rdzu.'khrul*
zoo trool
Miracles (exceptional powers)

རྫུན།

*rdzun*
zoon
False, lie,

རྫོགས་ཆེན།

*rdzogs.chen*
zokchen
The Great completeness or the great perfection

རྫོགས་པ།

*rdzogs.pa*
zok pa
Completion

རྫོགས་རིམ།

*rdzogs.rim*
zok rim
Stage of perfection, inward practices during the state of meditation

རྫོང་།

*rdzong*
zong
Fortress or castle, district

# ཝ།

## ཝ་མོ།

*wa.mo*
wamo
Fox (Vulpes vulpes)
It is a notoriously cunning animal with upright ears and bushy tails. According to *rgyud.bzhi*, people with predominance wind have the characteristic of a fox.

## ཝ་ཡིས་རྒྱལ་ས་བཟུང་བ་འདྲ།

*wa.yis.rgyal.sa.bzung.ba.'dra*
wayi gyelsa zoong wa da
Resembles a fox seizing the king's throne
It refer to doctors who do not have medical lineage.

## ཝ་གདོང་གསུམ།

*wa.gdong.gsum*
wa dong soom
Lit. three fox faces; it refers to three coccyx bones

# ཞ།

## ཞ་ཉེ།

*zha.nye*
sha nye
Englis Name: Lead
Latin Name: Plumbum
Taste: Sweet
Uses: It eliminates toxins from the body, heals infected wounds, neutralises the harmful sideeffects of mercury and enhances hair colour.

## ཞ་ཉེ་ཞུན།

*zha.nye.zhun*
sha ney shun
Lead pitch (Dark lead Bitumen)

## ཞ་བ།

*zha.ba*
sha wa
Lame or cripple
A condition characterised by difficulty in walking due to an injury or illness affecting the leg or foot.

ཞག།

*ẓhag*
shak
Day

ཞག་སྐེག།

*ẓhag.bskeg*
shak kek
Obstacles of the day

ཞག་ནག།

*ẓhag.nag*
shak nak
Black day, bad day

ཞག་གསུམ།

*ẓhag.gsum*
shak soom
The three days
1) *tshes.ẓhag*-lunar day
2) *nyin.ẓhag*-solar day and
3) *khyim.ẓhag*-zodiac or house day

ཞང་འདྲེ།

*ẓhang.'dre*
shang drey
Spirits from the maternal uncle's side

ཞང་པོ།

*ẓhang.po*
shang po
Maternal uncle

ཞང་ཞུང་།

*ẓhang.ẓhung*
shang shoong
The ancient name of Guge in *mnga'.ri.kor.gsum*, Western Tibet, where Shenrab Mebo was born and founded Bon religion

ཞན་པོ།

*ẓhan.po*
shen po
Weak
A condition characterised by lacking physical strength and energy.

ཞར་བ།

*ẓhar.ba*
shar wa
Blind
A condition characterised by lacking the power of sight.

ཞལ་ཁྲིད།

*ẓhal.khrid*

shel tee
Personal instruction

ཞི་ཁྲོའི་ལྷ།

*zhi.khro'i.lha*
shi toi lha
Peaceful and wrathful deities

ཞི་ལྕུམ།

*zhi.lcum*
shi choom
Rheum Palmatum Pacific
Ingredients: *ma.nu, sman.ga, a.ru.ra, ka.ko.la, lcum.rtsa, cong.zhi.tsha.btul, bul.tog*
Nature: Neutral
Uses: It is used against acute or chronic constipation, weak digestive heat, indigestion, gastritis, flatulence and colic.

ཞི་གནས།

*zhi.gnas*
shi ney
Calm abiding; meditation

ཞི་བ།

*zhi.ba*
shiwa
1) To bring back normal health
2) Peaceful

ཞི་བྱེད་བཅུ་གཅིག

*zhi.byed.bcu.gcig*
shi jey choo chik
Pacific Eleven
Ingredients: *ma.nu, sga.skya, a.ru, lcum.rtsa, cong.zhi.tsha.btul, bul.tog, star.bu, sbrul.sha.las. snon.byas.pa, rgya.tsha, sdig.srin, 'ol.mo.se*
Nature: Neutral
Uses: A compound which treats indigestion, difficult child birth, obstructed menstruation, abdominal distension, and other disorders associated with menstruation.

ཞི་བྱེད་དྲུག་པ།

*zhi.byed.drug.pa*
shi jey dook pa
Pacific Six
Ingredients: *ma.nu, sga.skya, a.ru, lcum.rtsa, cong.zhi.tsa.btul, bul.tog.chu.bcad*
Nature: Neutral
Uses: A compound which treats indigestion, distension of stomach, abdominal cramps, constipation, difficult child birth and delivery of placenta.

ཞི་སྦྱང་།

*zhi.sbyang*
shi jang
Pacification and evacuation

ཞི་གཟའ།

*zhi.gza'*
shi za
Peaceful planets/ Inferior planets
The planets whose orbits lie within the Earth's orbit round the Sun, are termed as inferior planets i.e. Mercury and Venus.

ཞི་ལས།

*zhi.las*
shi ley
Peaceful activities

ཞི་གསེར།

*zhi.gser*
shi ser
Golden Pacific
Ingredients: *ma.nu, sga.skya, gar.nag, drag.shun, a.ru, lcum.rtsa, cong.zhi.btul.ma, bul.tog.chu.bcad, gser.me, se.'bru,*
Nature: Neutral
Uses: A compound which cures agitated and distension of abdomen, dizziness and vomitting, loss of appetite, constipation, headache due to bile-phlegm and yellowing of eyes due to cold natured bile.

ཞིང་ཁམས།

*zhing.khams*
shing kham
The holy or spiritual realm

ཞིང་འདྲེ།

*zhing.'dre*
shing drey
Agriculture demons

ཞིང་པ།

*zhing.pa*
shing pa
Peasant or farmer

ཞིབ་པ།

*zhib.pa*
shib pa
Detailed

ཞིབ་ཕྲའི་ཚན་རིག

*zhib.phra'i.tshan.rig*
shib tey tsen rik
Concrete science

ཞིབ་བསམ།

*zhib.bsam*
ship sam
Reflection

ཞིམ་ཐིག་དཀར་པོ།

*zhim.thig.dkar.po*
shim thig karpo
Botanical Name: Salvia raporowskii
Taste: Bitter
Potency: Cool
Uses: It cures all kinds of eye disorders.

ཞིམ་ཐིག་སྔོན་པོ།

*zhim.thig.sngon.po*
shim thig ngon po
Nepeta Coerusens Maxim

ཞིམ་ཐིག་སྔོན་པོ་ཆུང་བ།

*zhim.thig.sngon.po.chung.ba*
shim thig ngon po chung wa
Stachys sp.

ཞིམ་ཐིག་ནག་པོ།

*zhim.thig.nag.po*
shim thig nakpo
Botanical Name: Rabdosia rugosa
Taste: Bitter
Potency: Sharp and coarse to cool
Uses: It is used to treat eye disorders, internal worms and cramps.

ཞིམ་ཐིག་པུ་ཤུད་མིག་སྨན།

*zhim.thig.pu.shud.mig.sman*
shim thig pu shue mik men
Phlomis betonicoides Diols f. aoba C.Y. Wu

ཞིམ་ཐིག་དམར་ཆུང་།

*zhim.thig.dmar.chung*
shim thig mar choong
Lamium amplexicaule L.

ཞིམ་ཐིག་དམར་པོ།

*zhim.thig.dmar.po*
shim thig marpo
Stachys kouyangensis (vaniot) Dunn

ཞིམ་ཐིག་སྨུག་པོ།

*zhim.thig.smug.po*
shim thig mukpo
Salvia wardii Pet-stib

ཞིམ་ཐིག་ལེ་དཀར་པོ།

*zhim.thig.le.dkar.po*
shim thig le karpo

Botanical Name: Lagopsis supina (steph)
Taste: Sweet
Uses: It alleviates eye disorders.

## ཞིམ་ཐིག་སངས་རྒྱས་ཆུ་འཇིབ།

*zhim.thig.sangs.rgyas.chu.'jib*
shim thig sangye chujib
Botanical Name: Euphraia oakesii
Taste: Bitter
Potency: Cool
Uses: It cures eye disorders, thirst due to fever, headache, difficulty in passing urine and oedema.

## ཞིམ་ཐིག་སེར་པོ།

*zhim.thig.ser.po*
shim thig ser po
Salvia roborowskii Maxim

## ཞུ་མཁན།

*zhu.mkhan*
shoo khen
Hindi Name: Lodhar
Botanical Name: Symplocos paniculata
Taste: Bitter
Potency: Cool
Uses: It treats pneumonia, oral diseases, nephritis, and other complications associated with pulmonary and renal disorders.

## ཞུ་རྗེས་ན།

*zhu rjes na*
shoo jey na
Post digestive pain

## ཞུ་རྗེས་གསུམ།

*zhu.rjes.gsum*
shoo jey soom
The three post digestive tastes
(*Ayu: tri vipa-ka*)
The post digestive taste emerge after the digestion of food with the help of three digestive heat of the stomach
1) *mngar.ba*-sweet
2) *skyur.ba*-sour; and
3) *kha.ba*-bitter

ཞུ་བ་པོ།

*zhu ba bo*
shoo wa bo
The one who requests, askers

ཞུ་བ་པོ་བཞི།

*zhu.ba.bo.bzhi*
shoo wa bo shi
The four askers
1) *Lhamo Namgyal ma*
2) *Damse Serkya*
3) *Lha Tsang pa*
4) *Lu Jokpo*

ཞུན་མར།

*zhun.mar*
shun mar
Clarified butter, melted butter

ཞུམ་བུ།

*zhum.bu*
shumbu
Cat

ཞུས་པའི་ལེའུ།

*zhus.pa'i.le'u*
shue pey ley voo
The chapter on requestation to reveal the quintessence tantra

ཞེ་སྡང་།

*zhe.sdang*
she dang
Hatred or aversion
It is one of the five mental poisons. Hatred also originates from the chief delusion and distorts reality. It leads to flame of anger towards those who annoy us. It is a very untamed state of mind, very uncivilized, rude and uneven. It increases *mKhris-pa*, which produces hot energy and temperature and leads to frustration, anxiety, depression, worries and burns the heart.

ཞེ་སྡང་དྲག་པོ་སྐྱེས་པ།

*zhe.sdang.drag.po.skyes.pa*
she dang drakpo key pa
Development of strong hatred

ཞེ་སྡང་ཚིལ་བུ།

*zhe.sdang.tshil.bu*
she dang tsilboo
Fats from a snake (lit. hatred fats)

ཞོ་སྐྱ།

*zho.skya*
sho kya
Thin curd (i.e. sour butter milk)

ཞོ་ཁ་ཆུ།

*zho.kha.chu*
sho kha choo
Skimmed whey
It dilutes the stool and cleanses the channels.

ཞོ་ཕྲུམ།

*zho.phrum*
sho toom
Curd

ཞོ་མ་ལངས།

*zho.ma.langs*
sho malang
Unmatured curd; curd which has not yet matured

ཞོ་ཚབས་སམ་རུ་མ།

*zho.tsabs.sam.ru.ma*
sho tsab sam ruma
Curdling agent

ཞོ་བཙོས།

*zho.btsos*
sho tsoe
Cooked curd
Uses: It cures flatulence, constipation and diarrhoea accompained by fever.

ཞོ་ཤ་གསུམ།

*zho.sha.gsum*
shosha soom
The three *zho.sha*

1) *snying.gi.zho.sha-*
Spondias axillaris Roxb, Choerospoldia Saxillaris (heart shaped fruit),
2) *mkhal.ma.zho.sha-*
Cowhage, Canavalia gladiata, Mucuna prurita (kidney shaped seeds),
3) *gla.gor.zho.sha*
(it is also known as *mcher.pa.zho.sha*)-
Entada scandens, Mucuna Monospermum Roxb (spleen shaped seeds)

ཞོག་ཁོག།

*zhog.khog*
sho khok
Hindi Name: A-lu
English Name: Potato

Botanical Name: Solanum tuberosum
Taste: Sweet
Potency: Cool
Uses: It is valuable in treating chronic constipation, renal stone and dropsy. Raw potato juice is regarded as an excellent remedy for rheumatism, stomach and intestinal disorders and can be applied externally to relieve swelling and other disorders of the joints and muscles.

གཞག་ཤ་ནག་པོ།

*gzhag.sha.nag.po*
shak sha nakpo
Black muscles at the rear of the armpit, latissimu dorsi

གཞང་།

*gzhang*
shang
Rectum
The lower part of the large intestine (which is the seat of downward moving *rlung*)

གཞང་དཀར་ནག

*gzhang.dkar.nag*
shang karnak
Upper and lower parts of the rectum; lit. white and black rectum

གཞང་འབྲུམ།

*gzhang.'brum*
shang droom
Haemorrhoids or piles, Skt. arsas

གཞང་ལུག་པ།

*gzhang.lug.pa*
shang look pa
Anal prolapse

གཞན་རྒྱུ།

*gzhan.rgyu*
shen gyoo
Of independent origin (lit. other cause)

གཞན་དབང་།

*gzhan.dbang*
shen wang
Dependent phenomena

གཞན་དབང་སྔོན་ལས།

*gzhan.dbang.sngon.las*
shen wang ngon ley

Dependent diseases caused by past karma of which there are 101 types

གཞི་གྲུབ་སྨྲ་བའི་སེམས་ཁམས་རིག་པ།

*gzhi.grub.smra.ba'i.sems.khams.rig.pa*
shi doop ma wey sem kham rigpa
Psychology of existentialism

གཞི་རྩའི་རྒྱུ་རྐྱེན།

*gzhi.rtsa'i.rgyu.rkyen*
shee tsey gyoo ken
Basic principle, fundamental causes

གཞུ།

*gzhu*
shoo
Sagittarius, one of the twelve zodiac signs

གཞུ་དབྱིབས།

*gzhu.dbyibs*
shoo yib
Shape of a bow

གཞུ་སྲན་བཀང་བ།

*gzhu.sran.bkang.ba*
shoo sen kang wa
Drawing a tight bow

གཞུག་ཆུང་།

*gzhug.chung*
shook choong
Coccyx bone

གཞུག་ཏོ།

*gzhug.to*
shook toh
Coccyx (*gzhug.chung*)

གཞུང་དོན་ཤེས་པ།

*gzhung.don.shes.pa*
shoong don shey pa
Aware about the meanings of the great treatises on medicine

གཞུང་རྩ།

*gzhung.rtsa*
shoong tsa
Lit. central nerves; minor sciatic branches at the ankles

གཞེས་ནིང་ལོ།

*gzhes.ning.lo*
shey ning lo
The year before last year

གཞོབ་ཐབ།

*gzhob.thab*
shob thab

Offending the plague-causing demons by the foul smell of burning hair, milk etc.

བཞི་བའི་གནས་སྐབས་ཀྱི་ཐིག་ལེ།

*bzhi.ba'i.gnas.skabs.kyi.thig.le*
shi wey ney kab ki thigle
Drop of the fourth occasion
It abides at the crown of the head and at the genitals. It refers to a state of sexual bliss experienced during sexual intercourse between a man and a woman. During this time, energies in the upper portion of the body converge at the crown and the energies in the lower portion of the body converge at the genitals. Bliss is experienced with the descent of the bodhicitta drops. This drop of the fourth occasion is also called 'the 'drop of transcendental wisdom' *(Tib. ye.shes.kyi.thig.le)*.

བཞིན་རྒྱས།

*bzhin.rgyas*
sheen gey
Broad-faced demoness

བཞོས་ཐོག་འོ་མ།

*bzhos.thog.'o.ma*
sho thok voma
Fresh milk
It is very nutritious and is said to have nectar-like quality.

# ཟ།

## ཟ་རྐོང་།

*za.rkong*

za kong

A skin disorder with an intolerable itching

It is characterised by falling of hair and cracking of the skin due to formation of pus.

## ཟ་ཁུ།

*za.khu*

za khoo

Fluid consumer, harmful liquid

A type of diabetes, due to non-absorption of nutrients and fats into bodily constituents, but descends directly to the urinary bladder. It has twenty sub-categories and is characterised by depletion of physical strength and dull complexion.

## ཟ་ཁུ་ཉེ་ཤུ།

*za.khu.nye.shu*

za khoo ni shoo

The twenty fluid consumer

The ten *za.khu* with predominance of phlegm (*bad.kan*) are:

1) *chu*-Water like
2) *chang*-wine
3) *bur.shing*-sugarcane juice
4) *gar.po*-thick urine
5) *bras.phye*-rice powder
6) *khu.chu*-seminal fluid
7) *bye.ma*-sand like
8) *kha.chu*-saliva
9) *bags.'byung*-slow and scanty
10) *bsil.ba*-cool.

The six *za.khu* with predominance of bile (*mkhris.pa*) are:

1) *nas.tshig*-roasted barley
2) *snag.tsha*-black ink
3) *sngon.po*-blue
4) *skyer.khu*-yellow like Berberis aristata
5) *btsod.khu*-slightly red like decoction of Rubia cordifolia
6) *khrag.'dra*-red like blood.

The four *za.khu* types with the predominance of wind (*rlung*) are:

1) *zhag*-fat
2) *glang.chen*-elephant's urine
3) *sbrang.dra*-honey-like, and
4) *rkang*-marrow

### ཟ་འཕྲུག།

*za.'phrug*
za took
Itching

### ཟ་བྱེད།

*za.byed*
za jey
A secret name for *mu.zi* (Sulphur).

### ཟ་བྱེད་ཁམས་བརྒྱད།

*za.byed.khams.brgyad*
za jey kham gey
A collective name for the following eight ingredients:

1) *chu.skyur.rdo*-actinolite
2) *lhang.tsher.dmar*-red micca
3) *gser.rdo*-marcasite
4) *ba.bla*-orpiment
5) *kha.len*-magnitite
6) *pha.wang*- pyrite
7) *ldong.ros*-realgar
8) *dngul.rdo*-hematite

### ཟ་མ་མ་ནིང་།

*za.ma.ma.ning*
zama maning
Frigid hermaphrodite or Impotent

### ཟ་འོག་བསྲེགས་ཐལ།

*za.'og.bsregs.thal*
za ok sek thel
Ash from burnt silk

### ཟྭ་རྒོད།

*za.rgod*
za goc
Nettle ( lit.wild nettle)
Botanical Name:
Urticatnangularis Hand-Mazz

### ཟྭ་ཕྱི་ཨ་ཡ།

*za.phyi.a.ya*
zachi aya
English Name: Nettle
Botanical Name: Urtica tibetica W.T. Wang

### ཟྭ་འབྲུམ།

*za.'brum*
za droom
English Name: Nettle
Botanical Name: Urtica triangularis Hand. Mand
Taste: Sweet to acrid
Potency: Warm to oily
Uses: It is useful for the treatment of weak digestive and bodily heat, chronic *rlung* disorders, cold disorders and weak bodily constituents.

## ཟ་ཚོད།

*za.tsbod*
za tsoey
Nettle
Taste: Sweet to hot
Potency: Warm
Uses: It promotes heat in the body, helps digestion, treats *rlung* disorders and fever associated with *rlung*.

## ཟ་འོག་ཐལ་བ།

*za.'og.thal.ba*
za ok thel wa
A synonym of *gos.chen.thal.ba* (ash of silk)
Uses: It stops bleeding and constricts channels.

## ཟག་བཅས།

*zag.bcas*
zak chey
Contaminated, polluted
It refers to the human body which is polluted by physical and mental poisons.

## ཟགས་པ།

*zags.pa*
zakpa
Drop down

## ཟངས།

*zangs*
zang
English Name: Copper
Scientific Name: Cuprum
Taste: Sweet to sour
Potency: Cool
Uses: It dries pus and cures fevers associated with lungs and liver.

## ཟངས་ཏིག

*zangs.tig*
zang tik
Botanical Name: Swertia mussofi Franch
Taste: Bitter
Potency: Cool to smooth
Uses: It treats *rlung* disorders, bone fever., contagious diseases and infections of the gall bladder.

## ཟངས་ཏིག་འདྲ་བའི་ལྕགས་ཏིག

*zangs.tig.'dra.ba'i.lcags.tig*
zang tik dra wey chak tik
Botanical Name: Gentiana sp.
Taste: Sweet to bitter
Potency: Cool
Uses: It controls epidemic fever, fever associated with wounds and *rlung*.

ཟངས་ཏིག་དམན་པ།

*zangs.tig.dman.pa*
zang tik menpa
Inferior copper coloured gentian

ཟངས་ཏེལ།

*zangs.tel*
zang tel
Copper Hammer (for moxibustion treatment)
Uses: It is used in case of bodyache, insanity, epilepsy, tumours, wind diseases, cold disorders, vertigo, lack of digestive heat, swelling, paralysis, and excess accumulations of lymph in the joints.

ཟངས་ཐལ།

*zangs.thal*
zang thel
Hindi Name: Tamba
English Name: Copper ash
Scientific Name: Cuprum metallicum
Uses: It has medicinal value to dry formation of pus in the lungs and cures pneumonitis and hepatitis.

ཟངས་མདོག་དཔལ་རི།

*zangs.mdog.dpal.ri*
zangdok pelri
The glorious copper-coloured mountain; the abode of Padmasambhava

ཟངས་རྡོ།

*zangs.rdo*
zang do
Copper ore

ཟངས་དྲེག

*zangs.dreg*
zang drek
Coper slag

ཟངས་བུམ།

*zangs.bum*
zang boom
Copper vase (for cupping therapy)
Uses: It is mainly used in case of neurological disorders, lumbago, pain due to combined disorders of *rlung* and blood and to cure external tumours.

### ཟངས་རྩི་དཀར་པོ།

*zangs.rtsi.dkar.po*
zang tsi karpo
Botanical Name: Galium aparine L.
Taste: Slightly bitter to hot
Potency: Cool to coarse
Uses: It treats yellowing of the eyes resulting from *mkhris.pa* disorders, bile disorders and pus formation in the wounds, bone ailments, nerve disorders and discharge of semen, stops bleeding and enhances flow of urine.

### ཟངས་རྩི་ནག་པོ།

*zangs.rtsi.nag.po*
zang tsi nagpo
Artemisia hedinii ostent

### ཟངས་ཞུན།

*zangs.zhun*
zang shun
Copper pitch or copper bitumen

### ཟད་པ།

*zad.pa*
zey pa
Depletion or diminution

### ཟན།

*zan*
zen
Kneaded *tsam.pa* dough

### ཟན་ཆང་།

*zan.chang*
zen chang
A solid mixture of barley beer and the roasted barley flour

### ཟབ་ལག་བརྒྱད་པ།

*zab.lag.brgyad.pa*
zablak gey pa
Rheum Spicifome Eight
Uses: It is an external application for skin eruptions and blisters.

### ཟར་མ།

*zar.ma*
zarma
Hindi Name; Alsi/Alasi atasi
English Name: Linseed
Botanical Name: Linum usitatissimum L.
Family: Linaceae
Taste: Sweet to bitter
Potency: Warm
Uses: It is useful for treating cold *rlung* disorders, but

harmful for the eyes. The application of this paste on wounds ripe the pus.

ཟས།

*zas*
zey
Food

ཟས་སྐོམ།

*zas.skom*
zey kom
A collective name for food and drinks

ཟས་སྐོམ་མིད་པ།

*zas.skom.mid.pa*
zey kom mi pa
To swallow of food and drink

ཟས་ཀྱིས་མནར་བ།

*zas.kyis.mnar.ba*
zey ki nar wa
Suffering from hunger

ཟས་གྲིབ།

*zas.grib*
zey drib
Contamination from food

ཟས་བཅུད་མི་ལྡང་བ།

*zas.bcud.mi.ldang.ba*
zey chue mi dang wa
Malnutrition

ཟས་སྡམ།

*zas.sdam*
zey dam
Dietary restriction

ཟས་དྲོད་བཅུད།

*zas.drod.bcud*
zey doe chue
Nutritious and warmth giving diets

ཟས་སྤྱོད་ལོག་པ།

*zas.spyod.log.pa*
zey choe lokpa
Wrong diets and conducts

ཟས་མི་མཐུན་བསྟེན་པ།

*zas.mi.mthun.bsten.pa*
zey mithun tenpa
Reliance on unsuitable diets

ཟས་མི་འཕྲོད་པ།

*zas.mi.'phrod.pa*
zey mitoe pa
Incompatible diet

ཟས་ཚུལ།

*zas.tshul*
zey tsool
Normal diet
The chapter in Explanatory Tantra, which deals with the knowledge, qualities and uses of foods and drinks.

ཟས་ཚོད་རན་པ།

*zas.tshod.ran.pa*
zey tshoe renpa
Correct amount of foods and drinks
Tibetan medical science explains, that one should fill two fourth of the stomach with food, one with drink and the fourth should be left for wind.

ཟས་རུལ་བ།

*zas.rul.ba*
zey roolwa
Stale foods

ཟི་ར།

*zi.ra*
zira
Skt. Name: Jiraka
Hindi Name: Jeera
English Name: Cumin
Botanical Name: Cuminum Cyminum Linn

ཟི་ར་དཀར་པོ།

*zi.ra.dkar.po*
zira karpo
Hindi Name: Saphed jeera
English Name: White cumin seed
Botanical Name: Cuminum Cyminum Linn
Taste: Hot to sweet
Potency: Neutral
Uses: It treats *Badkan* disorders, pneumonitis, indigestion and anorexia.

ཟི་ར་ནག་པོ།

*zi.ra.nag.po*
zira nakpo
Hindi Name: Kala jeera
English Name: Black cumin seed
Botanical Name: Nigella Sativa Linn
Taste: Sweet to hot
Potency: Warm
Uses: It has medicinal value to treat indigestion and liver and stomach disorders associated with *rLung* and *Bad-kan* ailments.

ཟི་ར་སེར་པོ།

*zi.ra.ser.po*
zira serpo
Hindi Name: Pila jeera
English Name: Yellow cumin seed, Dill seed
Botanical Name: Anethum graveolens
Taste: Hot to sweet
Potency: Neutral
Uses: It is beneficial in treating lung fever, indigestion, *srog.rlung* ( life supporting *rLung*) and promotes heat and appetite.

ཟིན་ཏིག

*zin.tig*
zintik
Ajuga lupulina Maxim Bar major Diels

ཟིན་ཏིག་གཅེས་བཏུས་བདུད་རྩི་ཐིག་པ།

*zin.tig.gces.btus.bdud.rtsi.thig.pa*
zintik chey tue due tsi thikpa
A famed medical treatise written by Jamgon Kongtrul Yonten Gyatso (1813-1899), which gives a vivid description of his long years of clinical experience

ཟིན་པ།

*zin.pa*
zinpa
To retain in memory (e.g. medical and astro. texts)

ཟིན་ཕུང་ནག་པོ།

*zin.phung.nag.po*
zin foong nakpo
A malignant landlord spirit

ཟིལ་བ།

*zil.ba*
zilwa
Dews

ཟུག་རྔུ།

*zug.rngu*
zuk ngoo
Pain

ཟུག་རྔུ་ཁོང་དུ་ལུས་པ།

*zug.rngu.khong.du.lus.pa*
zuk ngoo khong du lue pa
The lodging of foreign bodies or weapons within the body

ཟུག་རྔུ་མནར་བ།

*zug.rngu.mnar.ba*
zuk ngoo narwa
Tormented by pain

ཟུག་ཅག་སྨན།

*zug.cag.sman*
zuk chak men
Analgesic; a type of medication that alleviates pain without loss of consciousness

ཟུང་འཇུག

*zung.'jug*
zung jook
State of union (e.g: the union of bliss and emptiness *'bde.stong.zung.'jug*)

ཟུང་འབྲེལ།

*zung.'brel*
zung del
Union, joint, coupling, together

ཟུངས་ཀྱིས་མི་ཐུབ།

*zungs.kyis.mi.thub*
zung ki mi thoob
Depletion of physical constituents beyond treatment

ཟུང་བདུན།

*zung.bdun*
*zung doon*
The seven bodily constituents

1) *dangs.ma*-essential nutriment
2) *khrag*-blood
3) *sha*-flesh
4) *tshil*-fat
5) *rus*-bone
6) *rkang*-marrow; and
7) *khu.ba*-regenerative essence or vital fluids

ཟུར་མཁར་མཉམ་ཉིད་རྡོར་རྗེ།

*zur.mkhar.mnyam.nyid.rdor.rje*
zurkar nyam nyi dorje
Zur Khar Nyamnyi Dorjee
He was a great medical scholar and founder of *Zur-mkhar* school of thought. He was born in 1439 to *Rigzin Phuntsok* and the daughter of *Kunkyen Tashi Namgyal.*

ཟུར་ཐིག

*zur.thig*
zur thik
Lateral verticle lines or axis

## ཟུར་ལུགས་ཆབ་འདྲེན།

*zur.lugs.chab.'dren*
zur luk chab den
Botanical Name: Astragalus chlorostachys lindley
Taste: Sweet to slightly bitter
Potency: Cool to dry
Uses: It is used against oedema.

## ཟུར་ལུགས་སྙི་བ།

*zur.lugs.snyi.ba*
zur luk nyi wa
Botanical Name: Codonopsis sp.
Taste: Sweet to astringent
Potency: Neutral
Uses: It is used against disorders of stomach and spleen, debility, oedema, breathing problems due to high altitude, tiredness, morbid thirst and lack of appetite.

## ཟེ་ཚྭ།

*ze.tsha*
ze tsa
Hindi Name: Shora kalmi
Scientific Name: Nitrum (Halite)
Taste: Bitter to hot
Uses: It dissolves stones formed in the stomach, kidneys and urinary bladder, eliminates tumours of the solid and hollow organs, removes blockages of urinary tract and neutralise the toxic effects of stone poisoning.

## ཟེར་དུག

*zer.dug*
zer dook
Poisoning by rays of light

## ཟེར་མོ།

*zer.mo*
zermo
Small yellow-feathered bird with red stripes on its head

## ཟོ་མར།

*zo.mar*
zomar
Buttery sediment formed in the milk churner

## ཟོར་ཁ་ཟུག་པ།

*zor.kha.zug.pa*
zorka zukpa
Being injured by maligned *gtor.ma*

ཟོར་འཕེན་པ།

*zor.'phen.pa*
zorfen
To cast forth malign '*gtorma*' by realized Tibetan yogins

ཟོས་རྗེས།

*zos.rjes*
zoe jey
Periods after the meals

ཟོས་རྗེ་མི་བདེ།

*zos.rje.mi.bde*
zoe jey mi de
Discomfort after eating

ཟླ་སྐེག

*zla.skeg*
da keg
Obstacles of the month

ཟླ་འཁོར་ས་བདག

*zla.'khor.sa.bdag*
da khor sadak
Landlord spirit that visits each month

ཟླ་ཁྲག་བབས་ཆེ།

*zla.khrag.babs.che*
da tak bab chey
Menorrhagia; excessive menstrual flow

ཟླ་ཐོ།

*zla.tho*
da tho
Calendar

ཟླ་དག

*zla.dag*
da dak
Mensal modification

ཟླ་ནག

*zla.nag*
da nak
Black month; bad month

ཟླ་བ་སོ་སོའི་ཉའི་སྐར་མ།

*zla.ba.so.so'i.nya'i.skar.ma*
dawa so soe nya karma
According to the Tibetan astrological system, a month takes the name of the constellation in which the full moon occurs. E.g: The 1st month is '*mchu.zla*' since the full moon falls in the nakshatra (*rgyu.skar*) chu.

ཟླ་བའི་སྙིང་པོ།

*zla.ba'i.snying.po*
da wey nying po
The essence of the moon

ཟླ་བའི་བསྡུད་པ།

*zla.ba'i.bsdud.pa*
da wey Dooe pa
Moon nodes

ཟླ་བའི་འཕེལ་འགྲིབ།

*zla.ba'i.'phel.'grib*
dawey fel dib
Phases of.the moon

ཟླ་བའི་མར་ངོ་།

*zla.ba'i.mar.ngo*
da wey mar ngo
The waning time of the moon (16$^{th}$ –30$^{th}$)

ཟླ་བའི་འོད།

*zla.ba'i.'od*
dawey voe
Moon rays, moon light

ཟླ་བའི་ཡར་ངོ་མར་ངོ་།

*zla.ba'i.yar.ngo.mar.ngo*
dawey yar ngo mar ngo
Waxing and waing of the moon

ཟླ་བའི་ཡར་ངོ་།

*zla.ba'i.yar.ngo*
dawey yar ngo
The waxing time of the moon (1$^{st}$-15$^{th}$)

ཟླ་འཛིན།

*zla.'dzin*
dazin
Lunar eclipse

ཟླ་བཤད།

*zla.bshad*
da shey
The detailed explanation of a month in a year

ཟླ་ཤེལ་བདུད་རྩི་མ།

*zla.shel.bdud.rtsi.ma*
dashel duetsi ma
Crystal moon nectar
Ingredients: *ru.rta, lcags.phye, brag.zhun, gur.gum, pri.yang.ku, cong.mdzo, ma.nu,*
Nature: Cool
Uses: A compound which cures brown phlegm, poisoning, chronic fever, liver disorders, pain due to

indigestions and is a health tonic.

## ཟླ་ཤེལ་སོ་བདུན།

*zla.shel.so.bdun*
dashel so dun
Crystal Moon Thirty-seven
Ingredients: *cong.zhi.mdzo.'o, cu.gang, gur.gum, dza.ti, ka.ko.la, sug.smel, li.shi, a.ru, skyu.ru, tsan.dkar, tsan.dmar, ru.rta, pi.ling, se.'bru, dug.nyung, gser.me, ko.byi.btul.ma, ma.nu, gul.nag, brag.zhun, lcags.rtsi, bong.dkar, sum.tig, hong.len, ba.sha.ka, lug.ru.smug.po, pri.yang.ku, ut.pal, chos.sman, chu.rtsa, 'khur.rtsa, gangs.thig.chu.bcad, dkar.btul, dom.mkhris, ghi.wam, gla.rtsi,*
Nature: Neutral
Uses: A compound which treats hot pain in the abdomen, vomitting of blood due to poisoning, brown phlegm, chronic fever, severe dysentry, tumour and accumulation of serous fluids.

## ཟླ་ཤོལ།

*zla.shol*
.da shol
Intercalary month or an extra month
It occurs after every thirty two and half months.

## ཟླ་མཚན།

*zla.mtshan*
da tsen
Menstruation, menstrual fluid

## ཟླ་མཚན་སྔ་རོལ།

*zla.mtshan.snga.rol*
da tsen nga rol
Pre-menstrual phase

## ཟླ་མཚན་ཆོད་དུས།

*zla.mtshan.chod.dus*
da tsen choe due
Menopause
It is characterised by warmth and reddening of the face and neck ( hot flushes)

## ཟླ་མཚན་དུས།

*zla.mtshan.dus*
da tshen due
Menstrual phase, time of menstruation

ཟླ་མཚན་ཚུལ་བཞིན་མེད་པ།

*zla.mtshan.tshul.bzhin.med.pa*
da tshen tshul shin mey pa
Amenorrhoea
It refers to the abnormal lack of menstrual periods

ཟླ་མཚན་འབྱུང་བའི་དུས་སྐབས།

*zla.mtshan.'byung.ba'i.dus.skabs*
da tsen joong wey due kab
Time of menstrual cycle
It occurs during the reproductive period from puberty through menopause.

ཟླ་མཚན་གྱིས་གཟེར་བ།

*zla.mtshan.gyis.gzer.ba*
da tsen gi zer wa
Dysmenorrhoea, pain or difficult menstruation

ཟླུམ་པོ།

*zlum.po*
doom po
Circle (symbol of water element)

ཟླུམ་ཕྱེད།

*zlum.phyed*
doom chey
Semi-circle (symbol of an iron or metal element)

གཟའ་སྐར་གྱི་རྒྱུ་ལམ།

*gza'.skar.gyi.rgyu.lam*
zakar gi gyoo lam
Planetary paths, orbits

གཟའ་འཁོར།

*gza'.'khor*
za kor
Week

གཟའ་དགུ།

*gza'.dgu*
za goo
The nine planets

1) *Nyi.ma*-The sun,
2) *Zla.ba*- The moon,
3) *Mig.mar*-Mars
4) *Lhag.pa*-Mercury,
5) *Phur.bu*-Jupiter
6) *Pa.sang*-Venus,
7) *Pen.pa*-Saturn
8) *Sgra.chen*-Rahu
9) *mjug ring*-Ketu

གཟའ་ལྔ་།

*gza'.lnga*
za nga

The five planets: Mars, Jupiter, Saturn, Mercury and Venus

གཟའ་ལྔའི་བཤད་པ།

*gza'.lnga'i.bshad.pa*
za ngey shey pa
Explanations of the five planets

གཟའ་བཅུ།

*gza'.bcu*
za choo
The ten planets; the five planets mentioned above plus Sun, Moon, Rahu, Ketu and Comet

གཟའ་བདུད་དཀར་པོ།

*gza'.bdud.dkar.po*
za dhooe karpo
Hindi Name: Kanwal
Botanical Name: Saussurea obvallata
Uses: See *Gza'.dug.nag.po*

གཟའ་བདུད་མགོ་དགུ།

*gza'.bdud.mgo.dgu*
za due go goo
Skt. Kanwal (Saussrea obvallata)

གཟའ་བདུན།

*gza'.bdun*
za dun
The seven planets

གཟའ་བདུད་ནག་པོ།

*gza'.bdud.nag.po*
za dhooe nakpo
Botanical Name: Thermopsis barbata Royle
Uses: It is used to treat epilepsy and paralysis.

གཟའ་བདུན་མོ་དཔེ།

*gza'.bdun.mo.dpe*
za dun mo pey
The text book of divination (the divination of seven planets or weekdays)

གཟའ་ནད།

*gza'.nad*
za ney
Planetary diseases

གཟའ་ཕྲན།

*gza'.phran*
za ten
Asteroid

**གཟའི་ཁ་དོག**

*gza'i.kha.dog*
za yi kha dok
Colours of the planets

**གཟའི་ཁམས།**

*gza'i.khams*
zey kham
Elements of the planets
According to *skar.rtsis* system (Astronomy): *nyi.ma* (Sun) and *mig.mar* (Mars)–Fire element, *zla.ba* (Moon) and *lhag.pa* (Mercury)–Water element, *phur.bu* (Jupiter) and *sgra.can* (Rahu)–Wind element, *pa.sang* (Venus) and *pen.pa* (Saturn)–Earth element.
According to the Elemental astrology system (*'byung.rtsis*) the element of the planets are: *phur.bu* (Jupiter)–wood element, *pa.sang* (Venus)–metal element and rest of the elements are same in both systsem.

**གཟའི་དགྲ་གྲོགས།**

*gza'i.dgra.grogs*
za yi da dok
The friends and foes of the planets

**གཟའི་རྟགས།**

*gza'i.rtags*
zey tak
The planetary symbols
The sun–sun, Moon–crescent moon, Mars–red eye, Mercury–hand, Jupiter–ritual dragger, Venus–Iron and Saturn–broom or a bundle of sticks

**གཟའི་མདུན་འཕོ།**

*gza'i.mdun.'pho*
zey dun fo
Progression of the planet

**གཟའི་འཕོ་མཚམས།**

*gza'i.'pho.mtshams*
zey fo tsam
Transit of Planets
The transit time of Sun, Moon and planets is the time of its entrance into the signs of the zodiac.

**གཟའི་རང་འགྲོ།**

*gza'i.rang.'gro*
zey rang do
Planetary orbit

གཟའ་ཡི་གདོན།

*gza' yi gdon.*
za yi don
Demonic rulers of the planets

གཟི།

*gzi*
zi
Quartz
It is a precious stone bearing different eyes with medicinal values. It is mainly used to treat epilepsy, headache, eye diseases and to protect from harmful negative energies and weapons.

གཟི་བརྗིད།

*gzi.brjid*
zi ji
Splendor

གཟི་རྡོ།

*gzi.rdo*
zi do
*Zee* stone

གཟི་རིགས་ཀྱི་ལིག་བུ་མིག

*gzi.rigs.kyi.lig.bu.mig*
zi rig ki likboo mig
Bended chalcedony

གཟི་ལོག

*gzi.log*
zi lok
Squint (cross-eyes)
A condition characterised by failure of eyes to point in the same direction.

གཟིག

*gzig*
zik
Skt. Alsi, Leopard (Panthera pardus)

གཟིག་མིག

*gzig.mig*
zik mik
Tiger Eye
A precious gem stone which resembles eye of a tiger (lit. leopard eye).

གཟུགས

*gzugs*
zuk
Form, physical matters

## གཟུགས་ཁམས།

*gzugs.khams*
zuk kham
Realm of forms

## གཟུགས་ཁམས་བཅུ་དྲུག

*gzugs.khams.bcu.drug*
zook kham choo drook
The sixteen realms of forms
The four realms of wind are located at four around the forehead of Mount Meru:

1) *'og.min* (unsurpassed)
2) *shin.tu.mthong* (good vision)
3) *mi.gdung* (without distress)
4) *mi.che.ba* (not greater)

The four realms of fire are situated at four parts around nose of Mount Meru:

1) *'bras.bu.che* (great result)
2) *bod.nams.skyes* (merit born)
3) *sprin.med* (cloudless)
4) *dge.rgyas* (flourishing virtue)

The four realms of water are located at chin area:

1) *tshad.med.dge* (limitless virtue)
2) *dge.chung* (lesser virtue)
3) *'od.gsal.ba* (clear light)
4) *tshad.med.'od* (measureless light)

The four realms of earth are located at two thirds of the neck of Mount Meru:

1) *'od.chung* (lesser light)
2) *tshangs.chen* (great pure ones)
3) *mdun.na.'don* (chanting in the presence of Brahma)
4) *tshang.ris* (group of the pure ones)

## གཟུགས་མེད་ཁམས།

*gzugs.med.khams*
zook mey kham
The realm of the formless

## གཟུགས་མེད་ཁམས་བཞི།

*gzugs.med.khams.bzhi*
zook mey kham shee
The four realms of the formless

1) *'du.shes.med.min* (neither discernment)
2) *ci.yang.med* (nothing whatever)
3) *rnam.shes.mtha'.yas* (infinite consciousness)
4) *nam.mkha.mtha'.yas* (infinite space)

## གཟུགས་མོ།

*gzugs.mo*
zook mo
Porcupine

## གཟེ་མ།

*gze.ma*
zey ma
Hindi Name: Bhakra
Botanical Name: Tribulus Terrestris Linn
Taste: Sweet
Potency: Warm
Uses: It has medicinal value to treat renal disorders and waist problems due to cold condition, *rlung* disorder, eczema, first stage of dropsy, dysuria, diseases caused by serous fluid and arthritis.

## གཟེ་མ་གསུམ་ཐང་།

*gze.ma.gsum.thang*
zey ma soom thang
Tribulus Three Decoction
Ingredients: *gze.ma, lcam.'bru, sdig.srin*
Uses: A compound which treats water retention, distention of colon, diseases of the kidney and relieves pain due to water retention.

## གཟེར་འཇོམས།

*gzer.'joms*
zer jom
Botanical Name: Chrysanthemum tatseinense Bur et. Franch.
Taste: Bitter
Potency: Cool
Uses: It has medicinal value to relieve pain in the upper shoulders, pain behind the ribs, heals fractured bones, sores and wounds.

## གཟེར་བ།

*gzer.ba*
zer wa
Acute pain

## གཟེར་བ་ངེས་མེད།

*gzer.ba.nges.med*
zerwa nge mey
Uncertain pain; a prominent symptom of diseases caused by wind imbalance

## བཟང་།

*bzang*
zang
Good, favourable; superior

བཟང་ངན།

*bzang.ngan*
zang ngen
Favourable and unfavourable; good and bad; superior and inferior

བཟང་པོ་བཅུ་འཛོམས།

*bzang.po.bcu.'dzoms*
zang po chu zom
The Ten good omens, gathering of ten auspicious signs

བཟང་པོ་དྲུག

*bzang.po.drug*
zang po drook
The six superior medicinal substances
*1)* Nutmeg-*dza.ti*
*2)* Clove-*li.shi*
*3)* Greater cardamon-*ka.ko.la*
*4)* Smaller cardamon-*sug.smel*
*5)* Saffron-*gur.gum*
*6)* Bamboo concretion-*cu.gang*

བཟླས་པ།

*bzlas.pa*
dhey pa
To recite mantras etc.

བཟློག་པ།

*zlog.pa*
dhok pa
To reverse or to eliminate obstacles and disorders

# འ།

## ཨུ་སུ།

*'u.su*
voo soo
Skt. Name: Dhanyaka
Hindi Name: Dhaniya
English Name: Coriander
Family: Umbelliferae
Botanical Name: Coriandrum Sativum Linn
Taste: Sweet to hot
Uses: It increases the flow of urine, promotes digestion, improves appetite, reduces thirst, promotes virility. and treats *bad-kan* disorders.

## ཨུག་པ།

*'ug.pa*
vook pa
Owl
Its feather has medicinal value to cure oedema

## ཨུག་པ་ལག་པ།

*'ug.pa.lag.pa*
vook pa lak pa
Pulicaria insignis Drumm, Syn. of Cremanthodium humile Maxim (*ming.can.ser.po)*
Uses: It is mainly used as an analgesic and to balance wind and cures b!ood disorders.

## འོ་མ་སྙོལ་བ།

*'o.ma.snyol.ba*
vo ma nyol wa
To let milk curdle

## འོ་མ་དྲོན་མོ།

*'o.ma.dron.mo*
vo ma donmo
Warm milk, lukewarm milk
Fresh warm milk is recommended for imbalance of all the three humours and is said to have nectar-like quality.

## འོ་མ་འཛིན།

*'o.ma.'dzin*
vo ma zin
It is a synonym of *thar.nu* (Euphorbia nematocypha Hand-Mazz)

## འོ་མ་སྲུབ་པ།

*'o.ma.srub.pa*
voma soob pa

To chum milk

འོ་རློན།

*'o.rlon*
vo lon
Un-boiled milk, Cold un-boiled milk
It is heavy and has cool potency and brings about bacterial and phlegm diseases.

འོག་སྒོ་གཉིས།

*'og.sgo.gnyis*
vog go nyee
The two downward openings (anus and urethra)

འོད་ཀོར།

*'od.kor*
voe kor
A shimmering orb of light

འོད་ལྡན་དཀར་པོ།

*'od.ldan.dkar.po*
voeden karpo
Saxifraga melanocentra Franch

འོད་ལྡན་སེར་པོ།

*'od.ldan.ser.po*
voeden serpo
Saxifraga egregia Engl

འོད་དཔག་མེད།

*'od.dpag.med*
voe pak mey
The illuminating one; Buddha Amitabha

འོད་གསལ།

*'od.gsal*
voesel
The inner most crystal mind which, perceives everything as clear, empty and limitless space

འོན་པ།

*'on.pa*
von pa
Deafness
A condition characterised by loss of hearing.

འོམ་བུ།

*'om.bu*
vom boo
Botanical Name: Myricaria bracteata Royle
Taste: Astringent to bitter
Potency: Cool to blunt and heavy

Uses: It has medicinal value to cure diseases caused by poisoning, subside fever and to dry serous fluids.

འོམ་བུའི་བར་ཤུན།

*'om.bu'i.bar.shun*
vom bue bar shoon
Myricaria squamosa (cortex)

འོར།

*'or*
vor
Dependent oedema, Dropsy of the skin vesicles (the second stage of oedema)

འོལ་བ།

*'ol.ba*
vol wa
It is a kind of bird
Uses: Its flesh is an aphrodisiac and cures diseases caused by Bhuta spirits.

འོལ་མོ་སེ།

*'ol.mo.se*
vol mo se
Hindi Name: Laghu-pattra
English Name: May apple
Botanical Name:
Podophyllum hexandrum Royle
Taste: Sweet to astringent
Potency: Neutral
Uses: It is used to treat nervous disorders, irregular menstrual flow, diseases of the uterus, renal diseases, wounds and improves *rlung* and blood circulation, helps delivery of baby and placenta.

འོལ་མདུད།

*'ol.mdud*
vol due
Forepart of the larynx

འོལ་སེ་ཉེར་ལྔ་།

*'ol.se.nyer.lnga*
volse nyer nga
Podophyllum Twenty Five
Ingredients: *'ol se, se 'bru, shing tsha, pho ril, rgyam tsha, a.ru, ma.nu, 'u.su, skyu.ru, rgya.tsha, sga.skya, ba.spu, bong dkar, rgya.mtshal.btul.ma, rgyu.skyegs, btsod, tsan.dmar, 'bri.mog, 'phang.ma'i.'bru, re.skon, ba.sha.ka, a.gar. gnyis, dza.ti, ze.tsha.chu.bcad, star.bu, sbrul.sha, dom.mkhris,*

Nature: Neutral
Uses: A compound which cures diseases associated with menstruation, tumour in the ovary and mental imbalance associated with chronic menorrhagia.

# ཡ།

## ཡ་ག་ངན་པ།

*ya.ga.ngan.pa*
yaga ngan pa
The factors which adversely affect the doctor, when he/she accepts few exceptional cases for treatment (like a person who always engages in killing etc.)

## ཡ་ཆམ།

*ya.cham*
ya cham
Hay fever (Allergic Rhinitis)

## ཡ་བཀ་ཁྱ་ར།

*ya.bak.khya.ra*
yabak khya ra
Latin Name: Mirabititum
Taste: Sweet to bitter to salty
Uses: It assists digestion by creating heat within the digestive tract, breaks down tumours and is beneficial in curing constipation.

ཡ་བག་ཁྱ་ར་དངོས།

*ya.bak.khya.ra.dngos*
yaphak khyara ngoe
Actual saltpetre, nitrate potash (derived from burnt barley)

ཡ་མ་ནག་པོ།

*ya.ma.nag.po*
yama nakpo
A type of sinusitis with high imbalance of blood and bile (*khrag.dang.mkhris.pa)* which is characterized by severe pain accompanied by fever

ཡ་ཡོ།

*ya.yo*
ya yo
Awry; one of the prominent symptoms of epileptic case

ཡ་སྲིན།

*ya.srin*
ya sin
A disease due to disturbance of micro-organism in the head, and increase in serum and impure blood.
It is characterised by disorientation, physical weakness and a reddish nasal excretion.

ཡང་དག་པར་རྒྱུ་བ།

*yang.dag.pa.rgyu.ba*
yang dakpar gyoo wa
Perfectly moving

ཡང་དག་སྤོང་བ།

*yang.dag.spong.ba*
yang dak pong wa
Perfect abandonment

ཡན་ལག་འཁུམས་པ།

*yan.lag.'khums.pa*
yen lak khoom pa
Retraction of the limbs

ཡན་ལག་བརྒྱད།

*yan.lag.brgyad*
yen lak gey
The eight branches; the eight main disciplines of The Four Tantras

*1)* *lus*-the body
*2)* *byi.ba*-children's diseases
*3)* *mo.nad*-women's diseases
*4)* *gdon*-harmful evil spirit
*5)* *mtshon*-wounds by external objects such as weapons etc.
*6)* *dug*-poisons

7) *rgas.pa*-rejuvenation
8) *ro.tsa*-increasing production of semen, increasing fertility

## ཡན་ལག་ལྔ།

*yan.lag.lnga*
yen lak nga
The five limbs in Tibetan astronomical system
It refers to the five inclusive calendar features (*lnga.bsdus*).

## ཡན་ལག་ཉམས་པ།

*yan.lag.nyams.pa*
yen lak nyam pa
Defective limbs

## ཡན་ལག་རྨ།

*yan.lag.rma*
yen lak maa
Wounds of the extremities

## ཡན་ལག་རེངས་པ།

*yan.lag.rengs.pa*
yen lak reng pa
Rigidity or stiffness of the limbs

## ཡན་ལག་རླུང་ལྔ།

*yen.lag.rlung.lnga*
yen lak loong nga
The five winds of the limps; the five branches of wind, the five secondary energy winds;

1) *Klu'i.rlung* (Naga energy wind which is of earth elemental nature)
2) *Rus.sbal.gyi.rlung* (Tortoise energy wind which is of wind elemental nature)
3) *Rtsangs.pa'i.rlung* (Lizard or chameleon energy which is of fire elemental nature)
4) *Lhas.sbyin.gyi.rlung* (Devadatta energy wind which is of water elemental nature)
5) *Nor.las.gyal.gyi.rlung* (Dhananjaya or Vasuraja energy wind which is of earth elemental nature)

## ཡལ་བ།

*yal.ba*
yel wa
Disappearance or diminution

## ཡས་བྱམས།

*yas.byams*
yey jam

Loved by the superiors

ཡི་ག།

*yi.ga*
yi gaa
Appetite or taste

ཡི་ག་འཆུས་པ།

*yi.ga.'chus.pa*
yee ga chue pa
Dysphagia, Anorexia; loss of appetite, dislike of food

ཡི་དྭགས།

*yi.dags*
yee dak
Preta; One class of the six realms, suffering from intense and constant hunger and thirst

ཡི་དྭགས་གདོང་།

*yi.dags.gdong*
yee dak dong
Preta–faced demon

ཡི་དམ།

*yi.dam*
yee dam
Skt. Devata; forms of the fully enlightened mind whose characteristics are defined by a specific tantric practice on the basis of which they are visualized; a meditator

ཡི་མུག་པ།

*yi.mug.pa*
yee mook pa
Sad, melancholy

ཡིག་བརྒྱ།

*yig.brgya*
Yeek gya
Hundred-syllabled mantra

ཡིད།

*yid*
yee
Mind, intellect, conscience

ཡིད་ཀྱི་རྣམ་ཤེས།

*yid.kyi.rnam.shes*
yee kee nam shey
Mental consciousness

ཡིད་ཆེས་པ།

*yid.ches.pa*
yee chey pa
Trust

ཡིད་དུ་འོང་བ།

*yid.du.'ong.ba*
yee doo vong wa
Pleasing to the mind

ཡིད་མི་བདེ་བ།

*yid.mi.bde.ba*
yee mee de wa
Mental suffering, mental unhappiness

ཡིད་བཟང་མའི་རྣམ་ཤེས།

*yid.bzang.ma'i.rnam.shes*
yee zang mey namshey
Lit. consciousness of the superior mind
It refers to a vein at the heart which corresponds to 'transcendental consciousness'

ཡིད་འོང་གཏམ།

*yid.'ong.gtam*
yee vong taam
Pleasant conversation

ཡིད་ལས་སྐྱེས།

*yid.las.skyes*
yee ley key
Manasija, requestor of the Four Tantras
The sage *'yid.las.skyes'* or Manasija is believed to be the emanation of Buddha's speech.

ཡིད་ཤེས།

*yid.shes*
yee shey
Mental consciousness

ཡིབ་ཤ།

*yib.sha*
yeeb sha
Hidden meat under grain, which when becomes one or two years old, has medicinal value to cure *rLung* disorders

ཡུ་གུ་ཤིང་།

*yu.gu.shing*
yoo goo shing
Senecio solidagineus Hand-Mazz
Uses: It has medicinal value to heal wounds and to subside fever caused by poisoning.

ཡུ་གུ་ཤིང་དཀར་པོ།

*yu.gu.shing.dkar.po*
yoo goo shing karpo

Botanical Name: Senecio solidagineus Hand-Mazz
Uses: See *Yu.gu.shing*

ཡུ་གུ་ཤིང་ནག་པོ།

*yu.gu.shing.nag.po*
yoo goo shing nak po
Botanical Name: Sambucus adnata
Taste: Bitter to slightly sweet
Potency: Neutral
Uses: It has similar medicinal value as *yu.gu.shing* and also treats skin disorders, when the concentrated decoction is applied externally.

ཡུ་མོ་མདེའུ་འབྱིན།

*yu.mo.mde'u.byin*
yoo moo devoo jin
Botanical Name: Paraquilegia anemonoids
Taste: Bitter
Potency: Cool
Uses: It is useful to control blood cysts, helps child birth, discharge of foreign objects like bullets lodged in the body and enhances the flow of menstruation.

ཡུགས།

*yugs*
yook
Type of halloysite (which resembles Ochre)

ཡུགས་ཟས།

*yugs.zas*
yook zey
Food prepared by a widow

ཡུགས་ཟ་མ།

*yugs.za.ma*
yoog sa ma
Widow

ཡུགས་སའི་དོར་རྟ།

*yugs.s'i.dor.rta*
yoog sey dor taa
Underpants of a widow

ཡུང་བ།

*yung.ba*
young wa
Skt. Name: Haridra
Hindi Name: Haldi
English Name: Turmeric
Family: Zingiberaceae
Botanical Name: (Curcuma Longa Linn)

ཡིད་དུ་འོང་བ།

*yid.du.'ong.ba*
yee doo vong wa
Pleasing to the mind

ཡིད་མི་བདེ་བ།

*yid.mi.bde.ba*
yee mee de wa
Mental suffering, mental unhappiness

ཡིད་བཟང་མའི་རྣམ་ཤེས།

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It refers to a vein at the heart which corresponds to 'transcendental consciousness'

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Pleasant conversation

ཡིད་ལས་སྐྱེས།

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Hidden meat under grain, which when becomes one or two years old, has medicinal value to cure *rLung* disorders

ཡུ་གུ་ཤིང་།

*yu.gu.shing*
yoo goo shing
Senecio solidagineus Hand-Mazz
Uses: It has medicinal value to heal wounds and to subside fever caused by poisoning.

ཡུ་གུ་ཤིང་དཀར་པོ།

*yu.gu.shing.dkar.po*
yoo goo shing karpo

Botanical Name: Senecio solidagineus Hand-Mazz
Uses: See *Yu.gu.shing*

ཡུ་གུ་ཤིང་ནག་པོ།

*yu.gu.shing.nag.po*
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ཡུགས།

*yugs*
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Type of halloysite (which resembles Ochre)

ཡུགས་ཟས།

*yugs.zas*
yook zey
Food prepared by a widow

ཡུགས་ཟ་མ།

*yugs.za.ma*
yoog sa ma
Widow

ཡུགས་མའི་དོར་རྟ།

*yugs.s'i.dor.rta*
yoog sey dor taa
Underpants of a widow

ཡུང་བ།

*yung.ba*
young wa
Skt. Name: Haridra
Hindi Name: Haldi
English Name: Turmeric
Family: Zingiberaceae
Botanical Name: (Curcuma Longa Linn)

Uses: It has medicinal value to cure septic wounds, inflammations, piles, polyuria, gastric disorders, respiratory infections and to neutralise poison.

ཡུང་མ།

*yung.ma*

yoong ma

Brassica rapa Linn

ཡུངས་དཀར།

*yungs.dkar*

yoong kar

Hindi Name: Saphid sarson

English Name: White mustard

Botanical Name: Brassica competris

Taste: Hot

Potency: Warm

Uses: It is beneficial in treating cold *rLung* disorders and coughing due to *rLung* disturbance.

ཡུངས་མར།

*yungs.dmar*

yoong mar

Mustard oil (Sinopis alba)

ཡུད།

*yud*

yue

An instant, a moment

ཡུན།

*yun*

yoon

Duration

ཡུར་བ།

*yur.ba*

yoor wa .

Ditch, drain, canal

ཡུལ་གྱི་ཆུ་ཚོད།

*yul.gyi.chu.tshod*

yool gee choo tsoe

Lit. hours of the space

ཡུལ་དུས་ཟས་སྤྱོད་ལོག་པ།

*yul.dus.zas.spyod.log.pa*

yool due zey choe lok pa

Wrong or unsuitable environment, season, diet and behaviour

ཡུལ་འདྲེ།

*yul.'dre*

yool dey

Spirits or demons of the land

ཡུལ་སྲོལ།

*yul.srol*
yool sol
Custom; way of life

ཡུལ་ལྷ་གནོད།

*yul.lha.gnod*
yool lha noe
Harms from deities of the land

ཡེ་སྟོང་།

*ye.stong*
ye tong
Empty from the very beginning

ཡེ་འབྲོག་སུམ་བརྒྱ་དྲུག་ཅུ།

*ye.'brog.sum.brgya.drug.cu*
ye dok soom gya dook choo
The three hundreds and sixty primordial bewitchers

ཡེ་ཤེས།

*ye.shes*
ye shey
Pristine cognition; Buddha mind

ཡེ་ཤེས་ཀྱི་ཐིག་ལེ།

*ye.shes.kyi.thig.le*
ye shey kee thik ley
The drop of pristine cognition or Buddha mind

ཡེ་ཤེས་ཀྱི་ཚོགས།

*ye.shes.kyi.tshogs*
ye shey kee tshok
Accumulation of wisdom, any positive mental actions motivated by the mind of Bodhicitta

ཡེ་ཤེས་ཀྱི་རླུང་ལྔ།

*ye.shes.kyi.rlung.lnga*
ye shey kee loong nga
The five vital wind energies of pristine cognition

ཡེ་ཤེས་ལྔ།

*ye.shes.lnga*
ye shey nga
The five wisdoms of Buddha (inner wisdom which depends upon stable Bodhicitta)

1) *Me.long.ye.shes*
   (Mirror-like wisdom)
2) *Mnyam.nyid.ye.shes*
   (Equalising wisdom)

3) *Sor.rtogs.ye.shes*
(Discriminating wisdom)
4) *Bya.grub.ye.shes*
(All-accomplishing wisdom)
5) *Choes.nyid.ye.shes*
(Dharma-dhatu wisdom)

ཡེ་ཤེས་ཆོས་སྐུ།

*ye.shes.chos.sku*
yę shey choe koo
Wisdom truth body; (Buddha's all knowing mind)

ཡོ་འབོག

*yo.'bog*
yo bok
Botanical Name: Uimus pumila Linn (elm)
Taste: Astringent and slightly hot
Potency: Cool and coarse
Uses: It is beneficial in treating fevers, wounds, ailments of bone, pimples, skin disorders, insomnia, white discharge, first stage of dropsy and bleeding from wounds.

ཡོག་མོ།

*yog.mo*
yok mo
Rabdosia rubescens (Hamst) C.Y.Wu et Hsuan
Uses: It has medicinal value to heal wounds, tumours and to dry serous fluid.

ཡོངས་གྲུབ་ཚེ་ནད།

*yongs.grub.tshe.nad*
yong doop tshey ney
Absolute diseases of this life time
These are mainly caused by known factors such as wrong dietary habits, unwholesome lifestyle, negative emotions etc. There are 101 diseases of this kind.

ཡོངས་སུ་འདྲིལ་བའི་སྟོབས།

*yongs.su.'dril.b'i.stobs*
yong so deel way tob
Fully concentrated power/ strength

ཡོན་ཏན།

*yon.tan*
yonten
Attributes, positive qualities

ཡོན་ཏན་བཅུ་བདུན།

*yon.tan.bcu.bdun*
yonten choo doon
The seventeen attributes or secondary qualities of

medicines (Ayur: satara gunas).
1) *'jam.pa*-smooth,
2) *lci.ba*-heavy,
3) *dro*-warm,
4) *snum*-oily,
5) *brtan.pa*-stable,
6) *grang.ba*-cold
7) *rtul.ba*-blunt
8) *bsil.ba*-cool
9) *mnyen*-tender
10) *sla.ba*-thin/fluid
11) *skam*-dry
12) *skya.ba*-non-slimy /pale
13) *tsha.ba*-hot
14) *yang.ba*-light
15) *rno.ba*-sharp
16) *rtsub.pa*-coarse
17) *gyo.ba*-mobile

ཡོན་སྤྲུལ།

*yon.sprul*
yon tool
Emanation of Buddha attributes

ཡོབ་གོང་།

*yob.gong*
yob gong
Blood letting veins of the dorsal arcade

ཡོས།

*yos*
yoe
1) Rabbit, hare; one of the twelve animal signs in Tibetan astrology
2) Roasted barley

ཡོས་ཀྱི་རླངས་པ།

*yos.kyi.rlangs.pa*
yoe kee lang pa
Steam from roasting barley

ཡོས་དྲལ།

*yos.dral*
yoe del
Parched and split barley grains (Hordeum vulgare)

ཡོས་ཟླ་བ།

*yos.zla.ba*
yoe dawa
Rabbit month; 12th month according to Tibetan Elemental Astrology

གཡག

*gyag*
yak
Yak (male): Bos grunniens; the national animal of Tibet

Yak meat has medicinal value to treat cold diseases but may adversely effect fever, bile and blood disorders.

གཡག་རྒོད།

*gyag.rgod*
yak goe
Wild yak (Bos grunniens)

གཡག་རོག་པོའི་མཁྲིས་པ།

*gyag.rog.po'i.mkhris.pa*
yak rok poe tee pa
Bile of black yak (Bos grunniens)

གཡང་དུ་ལྷུང་བ།

*gyang.du.lhung.ba*
yaang doo lhoong wa
To fall from a cliff

གཡན་པ།

*gyan.pa*
yen pa
A skin disease with excessive itching and pus

གཡའ་སྐྱི་མ།

*gya'.kyi.ma*
ya kee maa
English Name: Spleen wort
Botanical Name: Chrysoplenium nepalense
Taste: Bitter
Potency: Cool
Uses: It is beneficial in prevention, pacification and purgation of disorders of bile.

གཡའ་ཟ།

*gya'.za*
yaa zaa
Hives

གཡར་མོ་ཐང་།

*gyar.mo.thang*
yar mo thang
Botanical Name: Primula fasciculata Balf. f. et ward.
Uses: It has medicinal value to heal wounds and to relieve swelling.

གཡལ་འདར།

*gyal.'dar*
yeldar
Yawning and shivering or trembling; evident symptoms of wind disorders

གཡི།

*gyi*

yee
Tibetan Lynx (Felis Lynx isabellina blyth)

## གཡུ།

*gyu*
yoo
English Name: Turquoise
Latin Name: Turquoicum
Taste: Sweet
Uses: It treats hepatic disorders, eye diseases and eliminates toxins from the body.

## གཡུ་ཁྱུང་། (དཀར་བསྡུན)

*gyu.khyung*
yoo khyoong
Turquoise Garuda
Ingredients: *a.ru, ru.rta, skyu.ru, se.'bru, ba.sha.ka, sug.smel, pi.pi.ling, pring.ku, sga.skya, 'u.su, ut.pal, re.skon, go.thal, byi.tang.ga, shu.dag, sman.chen, gla.rtsi, gul.nag, dngul.chu.dkar.btul,*
Nature: Neutral
Uses: A compound which cures blood, bile and *bad-kan* disorders, abdominal cramps due to *bad.kan smug.po*, complete dysfunction of stomach and gastroenteritis.

## གཡུ་ཐོག་སྙིང་ཐིག

*gyu.thog.snying.thig*
yoo thok nying thik
Innermost spirituality of *Yu.thog.pa*

## གཡུ་ཐོག་རྙིང་མ་ཡོན་ཏན་མགོན་པོ།

*gyu.thog.snying.ma.yon.tan.mgon.po*
yuthok nyingma yonten gonpo
Yuthok Yonten Gonpo Elder
He was born in *stod.lung.skyid.sna* to *Khyungpo Dorjee* and *Choekyi Dolma* on 25th June 708 A.D. He authored 'The Four Tantras (*rgyud.bzhi*)' which contains 156 chapters in 5900 verses. His whole life was devoted to the propagation and promotion of Tibetan medical science. He died at the age of 125 years.

## གཡུ་ཐོག་གསར་མ་ཡོན་ཏན་མགོན་པོ།

*gyu.thog.gsar.ma.yon.tan.mgon.po*
yuthok sarma yonten gonpo
NewYuthok Yonten Gonpo (1126-1202 A.D)
He was the 13th lineage of the Elder Yuthog Yonten Gonpo. He was born in *sgo.bzhi.re.thang* to Yuthok

Khungpo Dorje and Pema 'odldan in 126 A.D. He was responsible for re-editing and compiling the present version of *'rgyud.bzhi'* –The Four Glorious Tantras.

## གཡེར་མ།

*gyer.ma*
yer ma
Hindi Name: Tumburu
Botanical Name:
Zanthoxylum nepalense
Taste: Hot
Potency: Warm and coarse
Uses: It is beneficial in opening the body channels and in treating indigestion, colic pain due to intestinal worms, pruritis, *rlung* disorders of the heart, gastric problems and hangover.

## གཡེར་ཤིང་པ།

*gyer.shing.pa*
yer shing pa
Botanical Name: Scrophularia koelzii
Taste: Hot to astringent
Potency: Neutral
Uses: It is used to control high fever due to small-pox and infectious common cold.

# ར།

## ར་གན།

*ra.gan*
ra gan
Latin Name: Aurichalcum
Taste: Sour
Uses: It treats skin problems, eye disorders, and eliminates toxins from the body.

## ར་མཉེ།

*ra.mnye*
ra nye
Hindi Name: Maha medha/ Shikakal
Botanical Name:
Polygonatum officinalis
Taste: Sweet
Potency: Warm
Uses: It relieves pain in the kidney and waist region, treats fluid retention in the joints, weak digestive heat, first stage of dropsy, impotency, *rlung* diseases, flatulence, distension of stomach, skin eruption and chronic pulmonary disorders and increases life span.

## ར་ཐུག་རྨོངས་སྤུ།

*ra.thug.rmongs.spu*
ra thook mong poo
Pubic hair of an uncastrated goat (capra hircus)

## ར་དུག་གམ་འཛིན་པ།

*ra.dug.gam.'dzin.pa*
ra dook gam zinpa
English Name: Goat's bane, Blue Aconite
Botanical Name: Aconitum napellus

## ར་དུག་དམར་པོ།

*ra.dug.dmar.po*
ra dook mar po
Paeonia veitchii Lynch

## རཏྣ།

*ratna*
ratna
Precious

## ར་བ་བཞི།

*ra.ba.bzhi*
ra wa shi
The four strongest (*ra.ba* )animal signs of Tiger, Monkey, Pig and Snake

## ར་མོ་ཤག

*ra.mo.shag*
ramo shak
It is a synonym of *ra.mnye* (Polygonatum cirrhifolium (Wall) Royle

## ར་ཚ།

*ra.tsha*
ra tshaa
Salt derived from animal horns

## ར་རོ་བ།

*ra.ro.ba*
ra ro wa
Intoxication

## ར་ལུག་གི་ཤ།

*ra.lug.gi.sha*
ra loog gi sha
Meat of sheep and goat

## ར་ས་ཡ་ན།

*ra.sa.ya.na*
rasa yana
A synonym for *dngul.chu* (mercury)

ར་གསུམ་འབྲས་བུ།

*ra.gsum.'bras.bu*
rasum de boo
A collective name for Terminalia chebula *(a.ru.ra)*, Terminalia bellerica *(ba.ru.ra)* and Emblica officinalis *(skyu.ru.ra)*

ར་སུག

*ra.sug*
raa sook
Silence Tennis Willd.

རག

*rag*
rak
Aes, Brass Autichal cum

རག་གམ་ཟངས་ཕོར།

*rag.gam.zangs.phor*
rak gam zang phor
Brass or copper bowls

རག་དུད།

*rag.dud*
rak due
Brass fumes

རག་རྡོ།

*rag.rdo*
rak do
Covellinum
It has medicinal value to treat eye disorders

རགས་པ།

*rags.pa*
rak pa
Gross

རང་ཀེག

*rang.keg*
rang kek
Lit. Self obstacles

རང་གི་འགུལ་བསྐྱོད།

*rang.gi.'gul.bskyod*
rang gi gool kyoe
Self-motion

རང་གི་རྒྱུ།

*rang.gi.rgyu*
rang gee gyoo
Self cause; of independent origin

རང་གི་འདུ་ཤེས།

*rang.gi.'du.shes*

rang gee doo shey
Self consciousness

རང་གི་ཤེས་པ།

*rang.gi.shes.pa*
rang gee shey pa
Self spirit

རང་གྲུབ་ཚབས་རུ་ཚ།

*rang.grub.tsabs.ru.tsha*
rang doob tsabroo tsha
Natural common salt

རང་འགྲོས།

*rang.'gros*
rang doe
Self movement

རང་འཐག

*rang.'thag*
rang thak
Mill, water-mill; one of the five astrologer's soul stones

རང་བྱུང་འཁོར་ཡུག

*rang.byung.'khor.yug*
rang joong khor yook
Natural environment

རང་བྱུང་གི་ལྟ་ཚུལ།

*rang.byung.gi.lta.tshul*
rang joong gi taa tshool
View of nature

རང་བྱུང་གི་རྣམ་པ།

*rang.byung.gi.rnam.pa*
rang joong gee nam pa
Natural state, natural appearance

རང་བྱུང་གི་གཟུགས་གཞི།

*rang.byung.gi.gzugs.gzhi*
rang joong gee zoog shi
Natural physique

རང་བཞིན།

*rang.bzhin*
rang shin
Nature (e.g. Humoural nature of a person)
The nature of man is called '*Rang.shin*' in Tibetan in which one humour normally predominates and leaves its marks in terms of appearance and dispositions.

རང་གཤིས།

*rang.gshis*
rang.shee

Individuality
Each individual is different from other in various respects, e.g. preference of food, temperament, unique psycho-physical nature etc. due to predominance of a particular humour.

རང་གཤིས་སེམས་ཁམས་རིག་པ།

*rang.gshis.sems.khams.rig.pa*
rang shee sem kham rik pa
Rational psychology

རབ་ཏུ་རྒྱུ་བ།

*rab.tu.rgyu.ba*
rab too gyoo wa
Perfectly moving energy

རབ་ཏུ་གཉན་པ།

*rab.tu.gnyan.pa*
rab too nyen pa
Highly vulnerable
There are 96 highly vulnerable points in human body.

རབ་འབྱུང་།

*rab.'byung*
rab joong
Sixty year cycle

རབ་རིབ།

*rab.rib*
rab rib
Defective vision, blurred vision

རབས་ཆད།

*rabs.chad*
rab chey
Interruption of family lineage, end of a bloodline

རམ་བུ་རྒོད་པ།

*ram.bu.rgod.pa*
ram boo goed pa
Polygonum viviparum L

རམ་བུ་གཡུང་བ།

*ram.bu.gyung.ba*
ram boo yung va
Polygonum sinomontanum samuetss

རི་སྐྱེས་བ་མོ་ཁ།

*ri.skyes.ba.mo.kha*
ree kye ba mo kha
It is a synonym of *rtsa.mkhris.mchog* (Saussurea graminea Dunu)

## རི་སྐྱེས་བྲ་བོ།

*ri.skyes.bra.bo*
ree kye da wo
Fagopyrum Cymosum Meissis, Fagopyrum Tataricum Gaertn

## རི་སྒོག

*ri.sgog*
ree gok
English Name: Mountain garlic, hill garlic
Botanical Name: Allium astrosanguineum schrenk

## རི་ཐང་མཚམས།

*ri.thang.mtshams*
Ree thang tsham
Lit. the margins of mountains and plains
It refers to a pathological state between hot and cold.

## རི་དྭགས་ལྟེ་བ།

*ri.dvags.lte.ba*
ri dak tewa
A secret name for musk (*gla.rtsi)*

## རི་དྭགས་སྡེ་ཚན།

*ri.dags.sde.tshan*
ri dak dey tshen
A group of game animals
It is categorised into two–big game animals and small game animals.

## རི་དྭགས་ཤ།

*ri.dags.sha*
ree dak sha
Meat of game animals

## རི་བོ་རྩེ་ལྔ།

*ri.bo.rtse.lnga*
ree wo tse nga
Five-peaked mount in China

## རི་བོང་།

*ri.bong*
ree bong
Rabbit (Lepus Oistolus-Hodgsoni)
It is a small burrowing animal of the hare family, which is one of the twelve animal signs in Tibetan Astrology.

## རི་རབ།

*ri.rab*
ree rab

Mount Meru, Mount Semeru

རི་ཤི།

*ri.shi*
ree shee or ree khee
Canopus star
It rises in 8th Tibetan Lunar month for 7days; during which the water is said to have quality of nectar. Thus it is favourable to start compounding medicines and to bath in water.

རི་ཤོ།

*ri.sho*
ree sho
Botanical Name: Ligularia amplexicaulis DC
Taste: Sweet and bitter
Potency: Cool
Uses: It is beneficial in the treatment of indigestion, *rlung* disorders in the stomach, ulcers, chronic epidemic diseases, diseases of the serous fluids and also used as an emetics.

རིག་སྔགས།

*rig.snags*
rik ngag
Skt. Vidya mantra, the knowledge mantra ( for divine activities and establishing the wisdom aspect of realizations)

རིག་ལྡན།

*rig.ldan*
rik den
Holder of absolute truth and power

རིག་གནས།

*rig.gnas*
rig ney
Culture, literature, science

རིག་གནས་ཆུང་བ་ལྔ་།

*rig.gnas.chung.ba.lnga*
rig ney choong wa nga
The five minor fields of study or sciences;

1) Poetry (*snyan.ngag*)
2) Synonyms (*mngon.brjod*)
3) Lexicography (*sdeb.sbyor*)
4) Astro.science (*skar.rtsis*)
5) Dance and drama (*zlos.gar*)

རིག་གནས་ཆེ་བ་ལྔ་།

*rig.gnas.che.ba.lnga*
rig ney che wa nga

The five major fields of study or sciences;

1) Architecture (*bzo.rig.pa*)
2) Medicine (*gso.ba.rig.pa*)
3) Grammer (*sgra.rig.pa*)
4) Logic (*tsad.ma.rig.pa)*
5) Religion (*nang.don.rig.pa*)

## རིག་གནས་ཤེར་རྟོགས་རིག་པ།

*rig.gnas.sher.rtogs.rig.pa*
rig ney sher tok rik pa
Cultural philosophy

## རིག་པ།

*rig.pa*
rik pa
Skt. Vidya

1) Intelligence
2) Wisdom
3) Awareness
4) Knowledge

## རིག་པའི་ཡེ་ཤེས།

*rig.p'i.ye.shes*
rik pey ye shey
The emanation from the heart of Buddha (Jr.Yuthok Yonten Gonpo was considered as Rigpai Yeshi)

## རིག་པའི་ཡེ་ཤེས་དང་ཡིད་ལས་སྐྱེས།

*rig.p'i.ye.shes.dang.yid.las.skyes*
rig pey yee shey dang yee ley key
The sage *Rigpe Yeshi* and *Yid ley Kye* (both were emanations of the Medicine Buddha); the fundamental Tibetan Medical Text '*rgyud.bzhi*' has the great sage Rigpe Yeshi (Vidyajnana) as the expounder and Yidley Kye (Manasija) as recipient of the teaching

1) Rigpe Yeshi – Younger Yuthog Yonten Gonpo
2) Yidley Kye – Sumton Yeshe Sung

## རིག་བྱེད་བཞི།

*rig.byed.bzhi*
rig jey shey
Four Vedas; the four science of Hindu religion
1. Science of poetry (*snyan.ngag*)
2. Science of administration (*srid.srung*)
3. Science of sacrifice (*mchod.sbyin*)
4. Science of aphorisms (*nges.brjod)*

## རིག་འཚོ་མ་ཟིན་པ།

*rig.'tsho.ma.zin.pa*
rig tsho ma zin pa

Disorganized mind, insanity, madness

རིག་གསུམ་མགོན་པོ།

*rig.gsum.mgon.po'*
rik soom gon po
The lord of the three families
1) Bodhisattava Manjushri, lord of wisdom
2) Avalokiteshvara, lord of compassion
3) Vajrapani, the lord of might and power

རིགས།

*rigs*
rik
Family, varities

རིགས་ཀྱི་དབྱེ་བ།

*rigs.kyi.dbye.ba*
rik kee ye wa
The enumeration of diseases on the basis of their types

རིགས་རྒྱུད།

*rigs.rgyud*
rik gyue
Genetics, bloodline

རིགས་རྒྱུད་སྐྱེ་སྤེལ།

*rigs.rgyud.skye.spel*
rig gyue key pel
Reproduction

རིགས་མཐུན་ནུས་པ།

*rigs.mthun.nus.pa*
rik thoon nue pa
The power of medicine to cure diseases of a particular part of a body by virtue of it being compounded from ingredients extracted from same part of body (of animals) e.g. lungs of certain animals are used to compound medicines to treat disorders of human lungs.

རིགས་ལྡན།

*rigs.ldan*
rik den
Skt. Kulika, Chieftain

རིགས་ལྡན་ཉེར་ལྔ།

*rigs.ldan.nyer.lnga*
rik den nyer nga
The twenty five chieftains or kulika of Shambala
1) Jampel Dakpa-Manjusriyasas
2) Pema Karpo

3) Sangpo
4) Namgyel
5) Shenyen Sangpo
6) Rinchen Chak
7) Khyab Joog Bepa-Hidden Omnipresent one
8) Nyima Dak
9) Shintu Sang
10) Gyatso Namgyal
11) Gyel ka
12) Nyima
13) Natshok Zug
14) Dawey Voe
15) Thaye
16) Sakyong
17) Pelkyong
18) Senge
19) Nampar Non
20) Tobpo Che
21) Magag pa-Aniruddha
22) Miyi Senge
23) Wangchuk Che
24) Thaye Namgyal
25) Dakpo Khorlo Chen-Forceful wheel holder

རིགས་རྫས།

*rigs.rdzas*
rik zey
Genes (lit. genetic substance)

རིགས་བཞི།

*rigs.bzhi*
rik shi
The four classes

རིང་རྒྱུ།

*ring.rgyu*
ring gyoo
Distant causes (the fundamental ignorance which gives rise to all cyclical existence)
According to *rGud.bzhi*, the sole cause of all the diseases is said to be ignorance or lack of understanding of the meaning of selflessness (*bDag.med*). *rGyud.bzhi* emphasises this by drawing an example of a flying bird which can't cut off from its shadow; similarly, all living beings may have momentary peace and happiness, but is impossible for them to be free of sickness, because of their ignorance. Hence, in the 8th chapter of the Explanatory Tantra 'ignorance' is categorised under distant causes.

རིང་བསྲེལ།

*ring.bsrel*
ring sel

Granulated spheres as holy relics

རིད།

*rid*

ree

Emaciation

རིན་ཆེན་གྲང་སྦྱོར་རིལ་ནག་ཆེན་མོ།

*rin.chen.grang.sbyor.ril.nag.chen.mo*

rinchen dangjor rilnak chenmo

The Great Cold Compound Precious Black Pill

This precious pill was formulated by Nagarjuna *(mgon.po.klu.sgrub)* and introduced in Tibet by *O.rgyan.pa Rinchen.dpal (1229-1309).*

Ingredients: *gser.thal, btso.thal, lhan.tsher.btul.ma, dngul.thal, zangs.thal, lcags.thal, rag.thal, mkhar.thal, zhan.thal, bsha'.thal, khams.brgyad, lcags.rtsi. zla.'od, sbur.len.las.snon, byi.ru.las.snon, khyung,skyugs.las.snon, dung.las.snon, nal.las.snon, mu.men.las.snon, gyu.las.snon, man.shel.las.snon, pring.ku, pha.lam.las.snon, mrgad.las.snon, ain.da.ni.la.las.snon, shug.tsher, pad.rag.las.snon, ga.bur, chu.dangs.nor.bu.las.snon, spug.las.snon, mu.tig.las.snon, mdung.rtse.dkar.po.las.snon, nya.phyis.las.snon, rgya.ru, gangs.thigs.chu.bcad, ma.nu, mtshal.btul.ma, gi.wam, li.shi lcags.rdo.las.snon, yo.'bog, snya.lo'i.rtsa.ba, bong.ser, dpa'.dkar, bong.dkar, dpa'.ser, man.rdzi.ra.las.snon, gla.rtsi, kha.sha'i.ra, ar.nag.legs.pa, mdung.rtse.dmar.po.las.snon, dza.ti, khab.len.las.snon, gri.mchin, bse.yab, dpa'.rgod, cong.zhi.rigs.lnga.tsha.btul, tsha.la.chu.bcad, mgron.thal, tsan.dkar, sug.smel, gur.gum, ko.ji.btul.ma, bong.dmar, yu.gu.shing.khanta, su.mi.dkar.pa, su.mi.ser.po, smug.cu.gang, gang.chung, re.ral.khan.ta, bya.rgod.spos, brag.skya,ho, spyi.zhur, byi.'u.la.phug, stag.sha.nag.po, zi.ra.nag.po, so.ra, spang.rgyan.dkar.po, kyi.lce.dkar.po, a.bhi.kha, lung.thang.mig, ser.po.gu.drus, bse.ru.dkar.po, sga.dmar, ba.ru, rma.byi.'i.mdong.thig, brag.zhun, sgang.thur.las.snon, sra.'bras, skyer.shun, bu.mo.stag.lo.pa'i. sha.ba'i.tshil.las.snon, seng.ge'i.tshil.las.snon, stag.gi.'o.ma, dpal.gang, se.rgod.bar.shun, dbang.lag, 'om.bu.bar.shun,*

*srad.nag.dus.btus, lcags.sbrul, a.ru, khyung.sder.smug.po, khyung.sder.dkar.po, spu.shel.rtse, par.pa.ta, ut.pal, spang.rtsi, sgong.thog, rtsi.dmar, lcag.kyu.ba, gser.me, rgya.tig, sum.tig, stong.zil, tang.kun, da.li, 'u.su, gul.nag, dzi.ra.dkar.po, la.la.phud, dug.nyung, sle.tres, btsod.khrag, phag.khrag, a.'bras, 'jam.'bras, star.bu.khan.ta, spos.dkar, thal.rdor, pi.pi.ling, pho.ril, smyag, ru.rta, skyu.ru, stag.gi.mche.ba.bsreg.thal, lug.ru.smug.po, nya.rus.bsreg.thal, rma.bya'i.mkhris.pa,*

Nature: Slightly cool

Uses: It is beneficial in the treatment of *Bad-kan smug po*, debility, three stages of dropsy, chronic fever, contagious fever, allergies, gastroenteritis, infectious diseases, internal suppuration and abscess, serous fluid disease, blood diseases, nerve ailments, arthritis, liver disease, poor complexion, strengthen the major organ system and bony structure, remedy for chemical poison, food poison, poisonous bites, environmental pollution and is a general health tonic.

རིན་ཆེན་ལྕགས་རིལ་ཆེན་མོ།

*rin.chen.lcags.ril.chen.mo*

rinchen chakril chenmo

The Great Precious Iron Pill

This precious pill is prepared on the basis of formula written by *O-rgyan-pa Rinchen-dpal (1229-1309), Rang-'byung rdo-rje (Karmapa III), and Kong-sprul-blo-gros-mtha'-yas.* It consists of about forty different ingredients.

Ingredients: *a.ru.lcags.phye, rtag.ngu, rtsa.a.wa, brag.zhun, ba.ru, skyu.ru, gur.gum, li.shi, dza.ti, sug.smel, ka.ko.la, tsan.dkar, ar.nag, tsan.dmar, sum.tig, ut.pal, pi.ling, bse.ru, bong.dkar, hong.len, ba.sha.ka, bong.dmar, ghi.wam, ru.rta, mdung.rtse.dkar.kmar.las.snon.byas.pa, cung.mzo, sha.ru, rgya.ru, cog.la.btul.ma, kha.sha'i.ra, se.'bru, khab.len.las.snon.byas.pa, gangs.thig.chu.bcad, rgya.tsha, nya.phyis.btul.ma, gla.rtsi, lcags.sbrul.las.snon.byas.pa, nya.mig, skyer.shun.khan.ta, kha.che.sha.skam, dom.mkhris, mgron.thal, cong.zhi.rgod.btul,*

Nature: Slightly cool

Uses: It is beneficial in the treatment of Leucoma, conjunctivitis, photophobia,

blood shot eyes, cataract, growth of polypus in the sclera, purulent discharge, weakened optic nerve, involuntary blinking of the eyes, proliferation of impure blood in the hepato-splenic region, haematemesis, blurred vision, double vision, myopia and farsightedness.

རིན་ཆེན་བྱུར་དམར་ཉེར་ལྔ།

*rin.chen.byur.dmar.nyer.lnga*
rinchen joor mar nyer nga
The Precious Coral twenty five

This precious pill is prepared on the basis of formula written by *Dil-dmar-ba* and consists of twenty five different ingredients.

Ingredients: *shing.mngar, a.ga.ru, tig.ta, ru.rta, dza.ti, mu.tig.las.snon.byas.pa, li.shi, byu.ru.las.snon.byas.pa, khab.len.las.snon.byas.pa, mu.men.las.snon.byas.pa, me.tog.lug.mig, sin.dhu.ra, bil.ba, til.dkar, gangs.thigs.chu.bcad, gur.rum, mtshal.btul.ma, a.ru, 'brug.rus.las.snon.byas.pa, rdo.klad.las.snon.byas.pa, gzer.'joms, shu.dag, sman.chen, gla.rtsi, ka.ra,*

Nature: Cool and slightly poisonous (*bzi*)

Uses: It is beneficial in the treatment of neurological diseases, encephalodynia, vertigo, stiffness of the neck, meningitis, fainting, dazed mental state, facial paralysis, malfunctioning (impaired) of sense organs, paralysis, rigid and contraction of the extremities and torn nerves due to accidents.

རིན་ཆེན་མང་སྦྱོར་ཆེན་མོ།

*rin.chen.mang.sbyor.chen.mo*
rinchen mangjor chenmo
The Great Multi-Compound Precious Pill

This preparation is based on the formula by *O-rgyan-pa Rinchen-dpal (1229-1309)* and it consists of about seventy ingredients.

Ingredients: *gser.bye, btso.thal, lcags.rtsi.btul.ma, smyug.cu.gang, sa.cu.gang, dza.ti, ko.la.'bru, li.shi, ba.ru, skyu.ru, sug.smel, a.'bras, sra.'bras, 'jam.'bras, tsan.dkar, rgya.mtshal.btul.ma, bse.ru, sdig.srin, gser.bye, lcam.'bru, dpa'.po.dkar.po, bong.dmar, dpa'.po.gser.po, su.mi.dmar.po, ko.byi.btul.ma, gu.yu.dkar.po,*

*kha.che.sha.skam, brag.spos, re.ral, sram.'brun.nus.bsregs, brag.skya.ho, ru.rta, ba.sha.ka, bong.dkar, nya.rus.nus.bsregs, gla.rtsi, brag.zhun.khan.ta, gyu.rnying.las.snon, ghi.wam, byu.ru.las.snon, mu.men.las.snon, dom.mkhris, mu.tig.las.snon, yung.ba, char.nyung.khan.ta, nya.phyis.las.snon,*

Nature: Slightly cool

Uses: It is a remedy for chemical poison, food poison, poisonous bites, environmental pollution and is beneficial in the treatment of blood and *mkhris-pa* disorders, *bad.kan.smug.po,* hidden fever, chronic fever, three stages of dropsy, wounds, skin diseases, pulmonary diseases, ulcers, primary cancer cases, swelling in the throat and conditions in which one passes blood from the bowel and mouth.

རིན་ཆེན་བཙོ་བཀྲུ་ཟླ་ཤེལ་ཆེན་མོ།

*rin.chen.btso.bkru.zla.shel.chen.mo*

rinchen tsotoo dashel chenmo

The Great Precious Purified Moon Crystal

This preparation was formulated by Nagarjuna *(mgon-po klu-sgrub)* and introduced in Tibet by O-*rgyan-pa Rinchen-dpal (1229-1309)* and *Zur-mkhar-pa.* It consists of around sixty different ingredients.

Ingredients: *ka.ko.la, cong.'dzo, smug.cu.gang, gur.gum, li.shi, dza.ti, sug.smel, dug.nyung, tsan.dan.dkar.po, a.ru, ma.nu, tsan.dan.dmar.po, skyu.ru, ru.rta, gser.me, pi.pi.ling, chu.rtsa, khur.rtsa, sum.tig, bong.dkar, ba.sha.ka, hong.len, ut.pal, lug.ru.smug.po, brag.zhun, ko.byi.la.dug.bton, ghi.wam, se.'bru, gangs.thig.chu.bcad, lcags.rtsi.btul.ma, gla.rtsi, pri.ku, kha.che.sha.skam, dom.mkhris, btso.thal, chos.sman, gul.nag,*

Nature: Slightly cool

Uses: It is beneficial in the treatment of *Bad-kan smug-po,* poor vision, heartburn, pain in gastrohepatic, 9th and 12th thoracic vertebra, post digestive pain, weak digestive system giving rise to symptoms like eructation, vomiting, diarrhoea, haematemesis, dysentery, abdominal cramps, micro-organisms, diseases due to serous fluids, stomach tumour, hidden, chronic,

spreading and disturbed fevers, three stages of dropsy, persistent cough with blood and improves memory.

རིན་ཆེན་གཡུ་རྙིང་ཉེར་ལྔ།

*rin.chen.gyu.rnying.nyer.lnga*
rinchen yu nyin nyer nga
The Great Precious Old Turquoise Twenty Five
This compound was formulated by *Dpon-tshang dzna-na* and it consists of twenty five ingredients.
Ingredients: *skyu.ru, tsan.dkar, gyu.rnying.las.snon.byas.pa, a.ru, mu.tig.las.snon.byas.pa, ru.rta, byu.ru.las.snon.byas.pa, a.gar, mtshal.kar.btul.ma, lcags.phye, brag.zhun, tsan.dmar, ba.le.ka, stag.sha, dza.ti, bong.kar, gse.sar, rdo.dregs, bse.ru, ko.byi.la, ghi.wam, li.shi, cu.gang.legs.pa, gur.gum, gla.rtsi, sug.smel, chos.sman*
Nature: Slightly cool
Uses: It is beneficial in the treatment of wasting of the body due to liver ailment, pressure in the upper back, stiff neck, head ache due to proliferation of bad blood, epistaxis, heavy sleep (in the day time), dryness of the mouth, blood-shot eyes, hepato-gastrodynia, loss of appetite and haematemesis due to excess intake of alcohol.

རིན་ཆེན་རཏྣ་བསམ་འཕེལ།

*rin.chen.rat.na.bsam.'phel*
rinchen ratna sam phel
The Precious Wish fulfilling Jewel
This preparation is based on the formula by *O-rgyan-pa Rinchen-dpal (1229-1309)*and it consists of about seventy ingredients.
Ingredients: *lhang.thal, bcu.gang, mu.tig.las.snon.byas.pa, dzi.nag, byu.ru.las.snon.byas.pa, ba.ru, btso.thal, gser.thal, dngul.thal, zangs.thal, lcags.thal, zha.thal, gsha'.thal, rag.thal, 'khar.thal, tsan.dmar, ti.thal, khams.bdun.thal.ba, smug.cu.gang.legs.pa, gur.gum, li.shi, dza.ti, sug.smel, ka.ko.la, dzi.dkar, shing.tsha, pi.pi.ling, a.ru, skyu.ru, ar.nag.legs.pa, tsan.dkar, shing.mngar, spos.dkar, so.ma.ra.za, sga.skya, sdig.srin, rgya.tsha, ri.snying, gul.nag, gzi.dkar.phra.men.las.snon.byas.pa, gzi.dmar.las.snon.byas.pa, gzi.smug.las.snon.byas.pa,*

*gzi.khra.bo.las.snon.byas.pa, gyu.legs.pa.las.snon.byas.pa, mthsong.dmar.las.snon.byas.pa, ma.ni.ho.las.snon.byas.pa, sdig.nag.dug.phral, nya.phyis, thal.rdor, ghi.wam, sa.'dzin, gyang.tri.las.snon.byas.pa, mar.gad.las.snon.byas.pa, sha.skam, gza'.bdud.dkar.po, mu.men.las.snon.byas.pa, zhu.mig.las.snon.byas.pa, nal.las.snon.byas.pa, gla.rtsi gza'.bdud.nag.po, lcam'bru, klu.bdud.rdo.rje, te.lo'i.sha, 'brong.gi.snying.khrag, bse.ru.btul.ma,*

Nature: Neutral

Uses: It is beneficial in the treatment of apoplexy, depression,epilepsy, loss consciousness, dermatological diseases, neurological disorders, paralysis, swelling of the extremities due to bad blood circulation, acute pain, involuntary defecation and urination, difficulty in closing and opening of eyelids and lips, impaired sense organs, hypertension, cardiac disease, chronic pulmonary disease, internal and external abscesses, numbness, parkinson's disease, contraction and stiffness of the limbs, insanity, fainting and impaired hearing.

རིན་པོ་ཆེ།

*rin.po.che*

rinpoche

Precious; high value; refer to precious gems like turquoise, coral, pearl etc.

རིན་པོ་ཆེ་ལས་གྲུབ་པའི་སྨན།

*Rin.po.che.las.grub.pa'i.sman*

Rinpoche ley doob pey men

Pills compounded from precious ingredients (gold, turquoise, coral etc.)

རིན་འབྱུང་།

*rin.'byung*

rin joong

Ratnasambhava who revealed Quintessence Tantra (*man.ngag.rgyud*)

རིམས།

*rims*

reem

Epidemics; infectious or contagious fevers

རིམས་སྙིང་།

*rims.rnying*
reem nying
Chronic contagious fevers

རིམས་འདེབས།

*rims.'debs*
reem deb
Attack from contagious fever

རིམས་ཚད།

*rims.tshad*
reem tshey
Epidemic fever

རིམས་གསར།

*rims.gsar*
reem.saar
Newly contracted contagious fever

རིམས་སྲུང་།

*rims.srung*
reem soong
Protection from infection

རིལ་དཀར་པད་སྡོང་།

*ril.dkar.pad.sdong*
rilkar pey dong
Lotus White Pill
A compound which cures disorders of bile, phlegm and headache.

རིལ་བུ།

*ril.bu*
reel boo
Pills

རིལ་འཛིན།

*ril.'dzin*
reel zeen
Total eclipse

རུ་རྟ།

*ru.rta*
roo ta
Hindi Name: Kuth/Karvi
Botanical Name: Saussurea Costus
Taste: Hot and bitter
Potency: Oily, warm and sharp
Uses: It is useful in the treatment of *rLung* and *mkhris.pa* disorders, abdominal distension, lack of proper menstrual flow, diphtheria, pulmonary diseases, flatulence, wounds, tumours and neutralises blood disorders.

རུ་རྟ་བཅུ་གསུམ།

*ru.rta.bcu.gsum.*
roota choosoom
Saussurea Thirteen
Ingredients: *ru.rta, skyu.ru, se.'bru, ba.sha.ka, sug.smel, pi.pi.ling, byi.tang.ga, ma.ru.rtse, phur.nag.thal, lang.thang.rtse, a.ru.ra, thang.phrom.dkar.po, gla.rtsi,*
Nature: Neutral
Uses: This compound is also known as Turquoise Thirteen (*gyu.ril.bcu.gsum).* It cures brown phlegm, blood, bile, *bad-kan*, stomach and digestive disorders.

རུ་ཏྲ་དྲུག་པ།

*ru.tra.drug.pa*
roota dook pa
Saussurea Six
Ingredients: *ru.rta, skyu.ru, se.'bru, ba.sha.ka, sug.smel, pi.pi.ling, ka.ra*
Nature: Neutral
Uses: A compound which cures pain due to brown phlegm; vomiting and severe pain due to indigestion.

རུ་ཐུང་།

*ru.thung*
roo thoong
A blood letting point of the outer fore arm; lit. short horn

རུ་བཞི།

*ru.zhi*
roo shi
Pacifying Saussurea
Uses: A compound which cures stomach distension, pain in the evening, indigestion and severe pain due to cold wind disorders.

རུས་ཁམས་ངོས་འཛིན།

*rus.khams.ngos.'dzin*
rue kham ngoe zeen
Recognition of bone elements

རུས་ཁུ།

*rus.khu*
rooe khoo
Bone soup

རུས་ཆང་།

*rus.chang*
rue chang
Beer prepared from bone

རུས་ཆེན།

*rus.chen*
rue chen
It is a synonym for *ru.rta* (Saussurea lappa (Decne.) Sch.-Bip

རུས་ནད།

*rus.nad*
rue ney
Bone disorders (e.g Polio)

རུས་པ།

*rus.pa*
rue pa
Bones

རུས་པའི་འགོས་ནད།

*rus.p'i.'gos.nad*
rue pey goe ney
Osteomyelitis

རུས་པའི་གཉན་གཞི།

*rus.p'ai.gnyan.gzhi*
rue pey nyen shi
Osteitis
A condition characterised by inflammation of a bone

རུས་པ་སོབ་པོ་ཆགས་པ།

*rus.pa.sob.po.chags.pa*
rue pa sob po chag pa
Osteoporosis
A condition characterised by softening of a bone

རུས་པའི་གསོས།

*rus.p'i.gsos*
rue pey soe
A synonym for *cong.zhi* (calcite)

རུས་ལྤགས་སྦྱར།

*rus.lpags.sbyar*
rue pak jar
Adherence of skin to the bones

རུས་སྦལ།

*rus.sbal*
rue bel
Tortoise
It is an extremely auspicious animal with much significance in its design. These designs consist of eight *par.kha,* nine *sme.ba*, twelve animal signs, nine planets and the 27 constellations. All the mudras of the deities of the universe and all the heavenly beings

which are related to the above are also covered by the body of the tortoise.

རུས་སྦལ་འཁོར་ལོ།

*rus.sbal.'khor.lo*
rue bel khorlo
The Wheel of Tortoise

རུས་སྦལ་གྱི་སྙིང་ཤ།

*rus.sbal.gyi.snying.sha*
rue bel gee nying sha
Flesh from turtle's heart

རུས་སྦལ་གྱི་རླུང་།

*rus.sbal.gyi.rlung*
rue bel gee loong
Tortoise wind; a kind of wind energy

རུས་སྦལ་རྣམ་པ་ལྔ།

*rus.sbal.rnam.pa.lnga*
rue bel nampa nga
The five kinds of tortoise

1) *Gnas*– Resident tortoise
2) *Chags* – Formed tortoise
3) *Srid* – Existence tortoise
4) *Sprul* – Emanation tortoise
5) *Bshad* – Speaking tortoise

རུས་མིང་།

*rus.ming*
rue ming
Surname, family name

རུས་རྩ་སྒྱེད་པུ།

*rus.rtsa.sgyed.pu*
rue tsa gey pu
A nerve which is located at about four fingers (Tib. *sor.bzhi)* from above the knee

རུས་ཚིགས་ན།

*rus.tshigs.na*
rue tshig na
Pain in the joints of the bones

རུས་ལྷག

*rus.lhag*
rue lhak
Bone-spur

རེ་སྐོན་རྩི་སྐྱ།

*re.skon.rtsi.skya*
rey kon tsee kya
Corydalis boweri Hemsl

རེ་སྐོན་རྩི་དམར།

*re skon rtsi dmar*
rey kon tsee mar

Botanical Name: Corydalis hendersonii Hemsl
Taste: Bitter
Uses: It is beneficial in the purification of contaminated blood, treats fevers related with blood and inflammation of nerve tissues.

རེ་ལྕག་པ།

*re.lcag.pa*
rechak pa
English Name: Chick weed
Botanical Name: Stellera Chamaejasme Linn
Taste: Hot
Potency: Warm and poisonous
Uses: It is useful in the treatment of tumours, infectious diseases, malignant ulcers, skin diseases and relieves swelling and pain.

རེ་ཐག

*re.thag*
re thak
Lit. Strands of yak hair tent rope and refers to the four vulnerable blood vessels of the brain

རེ་དོགས།

*re.dogs*
re dok
Expectations and doubts; hopes and doubt

རེ་རལ།

*re.ral*
re rel
Dryopteris sp. Adiantum pedatum Linn (a type of fern)
Uses: It has five species and are recommended against meat and compounded poisons.

རེག་པ།

*reg.pa*
rek pa
Contact, touch

རེག་པ་རྩ།

*reg.pa.rtsa*
rek pa tsa
Palpation
One of the diagnostic techniques in Tibetan Medicine, where a doctor feels the artery of the patient's wrist and diagnoses the disorder.

རེག་པའི་དུག

*reg.pa'i.dug*
rek pey dhook
Sexually-transmitted diseases, lit. "diseases from contact"

རེག་བྱ།

*reg.bya*
rek ja
A synonym of *pags.pa* (skin)

རེག་མ།

*reg.ma*
rek ma
Skt. Sparsi, the offering goddess of touch

རོ།

*ro*
Ro
1) Taste
2) Corpse (a synonym of *phung.po*)

རོ་གྲིབ།

*ro.grib*
ro deeb
Defilement from a corpse

རོ་དང་ཕྱོགས་མཐུན་ནུས་པ།

*ro.dang.phyogs.mthun.nus.pa*
ro dang chokthoon nuepa
The medicine, which share similar properties or natures as taste, power and the post digestive taste.

རོ་དྲུག

*ro.drug*
ro dook
The six tastes (Ayur. Chai-ras)
1) Sweet-*mngar.ba*
2) Sour-*skyur.ba*
3) Salty-*lan.tsha.ba*
4) Bitter-*kha.ba*
5) Acrid-*tsha.ba*
6) Astringent-*bska.ba*

རོ་མ།

*ro.ma*
roma
1) Skt. Rasa, the offering goddess of taste
2) Right channel, it is red in colour and stands adjacent to the central energy channel and runs from the level of the eyebrows to somewhere below the navel.

རོ་ཙ།

*ro.tsa*
ro tsa
Aphrodisiac, Sexual virility

རོ་ཙ་སྐྱེད་པ།

*ro.tsa.skyed.pa*
rotsa key pa
To increase sexual potency

རོ་ཙ་ཉམས་པ།

*ro.tsa.nyams.pa*
rotsa nyam pa
Impotence
It refers to inability of a man to produce or sustain a penile erection.

རོ་ཙའི་སྨན།

*ro.tsa'i.sman*
ro tsey men
Aphrodisiac

རོ་ཙ་ཞན་པ།

*ro.tsa.zhan.pa*
ro tsa shen pa
Impotency

རོ་ལ་གཞོན་པ།

*ro.la.gzhon.pa*
ro la shonpa
To ride a corpse

རོ་ལངས།

*ro.langs*
ro lang
Skt. Vetala (i.e. Zombies); lit. Standing corpse

རོག་པོ་འཛོམས་སྐྱེས།

*rog.po.'dzoms.skyes*
rok po zom key
Botanical Name: Corgdalis paohypoda (Franch) Hand-Mazz
Uses: It treats lung diseases and cranial fractures.

རོད།

*rod*
roe
A collective name for physical outlook, complexion and strength

རོལ་མོ་མ།

*rol.mo.ma*
rolmo ma
Vadya; the offering goddess of music

**རླངས་དུག།**

*rlangs.dug*
lang dook
Vapour poisoning, Skt. vaspa-visa

**རླངས་པ།**

*rlangs.pa*
lang pa
Vapour, steam

**རླན་སྟེང་ཉལ་བ།**

*rlan.steng.nyal.pa*
len teng nyel pa
Lying or sleeping on damp ground

**རླན་ལ་གནས་པའི་སྡེ།**

*rlan.la.gnas.p'i.sde*
len la neypey dey
A group of aquatic creatures

**རླིག་པ་འཕྱང་བ།**

*rlig.pa.'phyang.ba*
leek pa chang wa
Elongation of the scrotal sac

**རླིག་རླུགས།**

*rlig.rlugs*
leek look
Swelling of scrotum

**རླིག་རླུགས་ནད།**

*rlig.rlugs.nad*
leek look ney
Hydroceles

**རླིག་འབྲས།**

*rlig.'bras*
leek dey
Testicles

**རླུང་།**

*rlung*
loong
Wind, Skt. vayu, vata
*rLung* is a vital principle in our body, that is responsible for both the proper functioning of mind and body. It manifests the nature of air element and is characterised by rough, light, cold, subtle, hard and mobile. It resides in the five main energy centers of crown, throat, heart, navel and genital chakras respectively.

**རླུང་སྐར།**

*rlung.skar*
loong kar

The wind constellation

རླུང་སྐར་བདུན།

*rlung.skar.bdun*
loong kar doon
The seven wind constellations.
1) *mgo*-Mrigasira
2) *me.bzhi*-Hast
3) *nag.pa*-Chitra
4) *sa.ri*-Swati
5) *nabs.so*-Punarvasu
6) *dbo*-Uttra phalguni
7) *tha.skar*-Aswini

རླུང་དཀྱིལ།

*rlung.dkyil*
loong kyil
The Mandala of the wind element

རླུང་ཁྱབ་བྱེད།

*rlung.khyab.byed*
loong.khyabjey
Pervading wind, Pervasive energy
*Location:* Heart
*Element:* Space
*Actions:* It pervades from the brain to the toes of the feet and is responsible for all movements.
It is also responsible for functioning of muscle tissues, lifting, walking, stretching and contraction.

རླུང་གི་ནད་སེལ།

*rlung.gi.nad.sel*
loong gee ney sel
To alleviate wind disorders

རླུང་གིས་བུས་པ།

*rlung.gis.bus.pa*
loong gee bue pa
Inflated by wind

རླུང་གྱེན་རྒྱུ།

*rlung.gyen.rgyu*
loong gengyu
Ascending wind, the Ascending Vital wind energy, Skt. udana-vayu
*Location:* Chest
*Element:* Fire
*Actions:* All vocal activities, and enhances breathing capacity.
It is also responsible for speech, fair complexion, physical strength and clarity of memory.

རླུང་ཐུར་སེལ།

*rlung.thur.sel*
loong thoorsel

Descending wind, Skt. apana-vayu
*Location:* Genital area
*Element:* Earth
*Actions:* Elimination of bodily wastes and retention of essence and bodily constituents.
It is also responsible for defaecation, urination, ejaculation of sperms and menstrual blood, and opening and contractile activity of the uterus.

རླུང་ནད།

*rlung.nad*
loong ney
Diseases caused by imbalance of wind (wind disorders)

རླུང་ནད་རིག་པ།

*rlung.nad.rig.pa*
loong ney rik pa
Psychiatry

རླུང་བུམ་པ་ཅན།

*rlung.bum.pa.can*
loong bhoom pa chan
The vase-like Wind
A tantric practice of wind mediatation in which, air from bottom of one's body is drawn up and air from the upper body is compressed down so as to form a vase-shape at the navel level, and then retained and released per the instructions of one's master.

རླུང་མེ་མཉམ།

*rlung.me.mnyam*
loong mey nyam
The Fire-accompanying wind
*Location:* Stomach
*Element:* Air
*Actions:* It separates the nutriment of food and drink from the waste and sends the nutriments to various parts of the body.
It is also responsible for proper digestion, absorption and metabolic activities of the bodily constituents.

རླུང་འོད་གསལ་ལྔ་པ།

*rlung.'od.gsal.lnga.pa*
loong oe sel nga pa
Wind energy with five-fold rays
It is the subtle wind energy, which serves as the mount for the clear mind of death.

### རླུང་སྲོག་འཛིན།

*rlung.srog.'dzin*
loong sok zin
The Life-sustaining wind
*Location:* Crown of the head
*Element:* Water
*Actions:* To form a link between the life (life force) and the body.
It is also responsible for swallowing of food and drink, respiration, spitting, sneezing, eructation, clear sense faculties and retention of memory.

### རློན་གཤེར།

*rlon.gsher*
lon sher
Humid

### བརླ་རྐང་།

*brla.rkang*
la kang
Thigh bone, femur

### བརླ་སྒང་།

*brla.sgang*
la gang
Ridge of the thighs

### བརླ་རེངས།

*brla.rengs*
la reng
Stiff thigh disorder; a kind of wind disorder which affects thighs

### བརླ་ཤ།

*brla.sha*
laa sha
Thigh

### བརླག་མོ།

*brlag.mo*
lak mo
Female eagle (Haliactus leucoryphus)

### བརླན་གྲང་།

*brlan.grang*
len drang
Damp and cold

# ལ།

## ལ་ཆ།

*la.cha*
la cha
Hindi Name: Khacha
English name: Shell-lac, Sealing wax

## ལ་ནས་འོང་བའི་དར་ཡ་ཀན།

*la.nas.'ong.ba'i dar.ya.kan*
la ney yong wey darya kan
It is a synonym of *gang.ga.chung* (Gentiana urnula H.Sm)

## ལ་ཕུག

*la.phug*
la phoog
Hindi Name: Moolaka
English Name: Radish
Botanical Name: Raphanus sativus
Taste: Sweet to hot
Potency: Warm
Uses: Fresh radish (Tib. *la-phug gsar-pa*) is light and warm and hence promotes digestive heat, whereas old and stale radish is cool and heavy resulting in increase of *Bad-kan*. The juice of radish is an effective remedy for piles and dysuria.

## ལ་ཕུག་གི་ཁུ་བ།

*la.phug.gi.khu.ba*
la phook gee khoo wa
Radish juice (Raphanus sativus)

## ལ་ཕུག་གི་ས་བོན།

*la.phug.gi.sa.bon*
la phook gee sa bon
Radish seed (Raphanus sativus)

## ལ་ཕུག་ནར་སོན།

*la.phug.nar.son*
la phook narson
English Name: Old radish
Botanical Name: Raphanus sativus
Uses: It increases *Bad-kan* because of its heavy and cool potency.

## ལ་ཕུག་གཞོན་ནུ།

*la.phug.gzhon.nu*
la phook shon noo
English Name: New radish

Botanical Name: Raphanus sativus
Uses: See *la.phug*

### ལ་ཕུག་བསྲེགས་ཐལ།

*la.phug.bsregs.thal*
la phook sek thel
Radish ash (Raphanus sativus)

### ལ་ལ་ཕུད།

*la.la.phud*
la la phue
Skt. Name: Ajvan, jawani
Botanical Name: Foeniculum Vulgare Mill
Uses: It has medicinal value to treat stomach and cold disorders, and to promote digestive heat.

### ལ་ལ་ཕུད་དཀར་པོ།

*la.la.phud.dkar.po*
la la pheu karpo
Skt. Name: Ajvan, jawani
English Name: White True Bishop's Weed
Botanical Name: Foeniculum Vulgare Mill
Taste: Sweet to hot
Potency: Warm
Uses: It is useful in the treatment of cold disorders of stomach, distension and pain in the stomach, disorders due to micro-organism in the small and large intestines and promotes digestive heat and appetite.

### ལ་ལ་ཕུད་ནག་པོ།

*la.la.phud.nag.po*
la la phue nak po
Skt. Name: Ajvan, jawani
English Name: Black True Bishop's Weed
Botanical Name: Burnet Saxifrage (Pimpinella involucrato)
Taste: Sweet and hot
Potency: Warm
Uses: See *la.la.phud.dkar.po*

### ལ་ལ་ཕུད་སེར་པོ།

*la.la.phud.ser.po*
la la phue serpo
Skt. Name: Ajvan, jawani
English Name: Yellow true bishop's weed
Botanical Name: Cnidium (Cnidium Monnieri Cuss)
Taste: Sweet and hot
Potency: Warm
Uses: See *La.la.phud.dkar.po*

ལག།

*lag*
lak
Aridra, Betelgeuse; it is one of the twenty seven constellations or nakshatras

ལག་ངར།

*lag.ngar*
lak ngar
Arm

ལག་ཆ།

*lag.cha*
lak cha
Instruments, equipments, tools

ལག་བསྟར་གྱི་རྗེས་དཔག

*lag.bstar.gyi.rjes.dpag*
lak tar gee je pak
Practical reason

ལག་མཐིལ།

*lag.mthil*
lak theel
Palm of the hand

ལག་པ།

*lag.pa*
lak pa
Hand

ལག་པའི་རྗེ་ངར་ཆུང་བ།

*lag.p'i.rje.ngar.chung.ba*
lak pey je ngar choong wa
Ulna of the hand

ལག་པའི་རྗེ་ངར་ཆེ་བ།

*lag.p'i.rje.ngar.che.ba*
lak pey je ngar che wa
Radius of the hands

ལག་རྩལ།

*lag.rtsal*
lag tsel
Technical skills

ལག་ཚིགས།

*lag.tshigs*
lak tshik
Joints of the hands

ལག་ལེན།

*lag.len*
lak len
Practical

ལང་ཐང་རྩེ།

*lang.thang.rtse*
lang thang tse
Hindi Name: Khurasani
English Name: Henbane
Botanical Name: Hyoscyamus niger
Taste: Bitter and acrid
Uses: It kills bacteria and heals wounds.

ལང་འཚོ་སྦྱོར།

*lang.'tsho.sbyor*
langtso jor
The combination of youth

ལན་ཆགས།

*lan.chags*
lenchak
Debt, misfortune

ལན་ཚྭ།

*lan.tsha*
len tsa
Hindi Name: Lawae
English Name: Salt
Scientific Name: Halitum
Taste: Salty
Potency: Warm
Uses: It is useful in treating impaired digestive heat, indigestion, tumour, poisoning and constipation.

ལན་ཚ་བ།

*lan.tsha.ba*
len tsha wa
Salty taste
Uses: Salty taste is recognized by its special characteristics such as heating and is a sialagogue (which increases salivation). It is needed in large amount for *rLung*, in moderates amount for *mkhris.pa* and less amount for *bad.kan*. Examples of some food and medicinal substances containing salty tastes are sea salt, rock salt, wood salt, horn salt, black sanchal salt, white mineral salt, ash salt, and seaweed.

ལབ་སོན།

*lab.son*
labson
Radish seed (Raphanus sativus Linn)

ལམ།

*lam*
lam
Path

ལམ་འགྲོ།

*lam.'gro*
lam do
Luck, fortune

ལམ་ལྔ།

*lam.lnga*
lam nga
The five paths
1) *tshogs.lam* - path of accumulation
2) *sbyor.lam* - path of preparation
3) *mthong.lam* - path of seeing
4) *sgom.lam* - path of meditation
5) *mi.slob.lam* - path of no more learning

ལམ་བཅོ་ལྔ།

*lam.bco.lnga*
lam chonga
The fifteen paths (of three humours)
A) The five pathways of *rlung* disorders
  1) *rus.pa* (bone)
  2) *rna.ba* (ear)
  3) *reg.bya* (skin)
  4) *snying.srog* (heart, life channel)
  5) *long* (large intestine)

B) The five pathways of *mKhris-pa* disorders
  1) *Khrag* (blood)
  2) *rngul* (sweat glands)
  3) *mig* (eye)
  4) *mchin* (liver)
  5) *mkhris.pa-rgyu.ma* (gall bladder and small intestine)

C) The five pathways of *Bad-kan* disorders
  1) *dangs.ma.sha.tshil.rkan g.khu.ba* (nutritional essence, muscle tissues, fatty tissues, marrow, regenerative fluids)
  2) *bshang.gci* (stool, urine)
  3) *sna.lce* (nose, tongue)
  4) *glo.mcher.mkhal* (lung, spleen, kidneys)
  5) *pho.lgang* (stomach, urinary bladder)

ལམ་ལྟས་ངན་པའི་རིགས།

*lam.ltas.ngan.p'i.rigs*
lamtey ngenpey rik
Unfortunate omens on the road to journey

ལམ་རིམས་ཆེན་མོ།

*lam.rims.chen.mo*
lam rim chen mo

Great stages of the path

ལས།

*las*
ley
Action, karma, law of cause and effect; according to which thoughts and actions have a commensurate effect in this and next lives

ལས་ཀྱི་བདེ་བ།

*las.kyi.bde.ba*
ley kee de wa
Simultaneous bliss

ལས་ཀྱི་ཕྱག་རྒྱ།

*las.kyi.phyag.rgya*
ley kee chak gya
Action mudra; action seal

ལས་ཀྱི་རླུང་།

*las.kyi.rlung*
ley kee loong
Karmic wind energy
It is an active energy of mental consciousness or the vital wind energy of past deeds.

ལས་དཀར་པོ།

*las.dkar.po*
ley karpo
Positive actions (any action of the body, speech and mind that produces happiness and benefits for oneself and others)

ལས་དང་ཉོན་མོངས།

*las.dang.nyon.mongs*
ley dang nyonmong
Actions and afflictions

ལས་བྱེད།

*las.byed*
ley jey
Working
It is one of the twelve rises and falls (*dar.gud.bcu.ngyis*)

ལས་རིགས།

*las.rigs.*
ley rik
Professions

ལི།

*li*
lee
1) bell metal
2) pear fruit

3) one of the eight *Parkhas*

ལི་ཁྲི།

*li.khri*
lee tee
Hindi Name: Sindoor
English Name: Vermilion, Red lead
Uses: It has medicinal value to control necrosis.

ལི་ག་དུར།

*li.ga.dur*
lee ga door
Botanical Name: Geranium pratense
Taste: Astringent, sweet and hot
Potency: Cool
Uses: It is used against fever due to common cold, inflammation of the lungs, channels, nerves, blood vessels, pain and swelling in the limbs.

ལི་ཤི།

*li.shi*
lee shee
Skt. Name: Lavanga
Hindi Name: Long/Laung
English Name: Clove
Botanical Name: Syzygium aromaticum
Family: Myrtaceae
Taste: Hot
Potency: Warm
Uses: It is beneficial for the treatment of life channel ailments (*srog.stsa'.nad*), disorders of arterial and nerve tissue, anorexia, indigestion, loss of gastro-hepatic power, inflammations of the mouth and throat, small pox and combined disorders of *rlung* and cold. It also promotes appetite, aids digestion and controls hiccough.

ལི་ཤི་དྲུག་པ།

*li.shi.drug.pa*
lee shee dook pa
Clove Six
Ingredients: *li.shi, cu.gang, shing.mngar, spang.rgyan.dkar, ru.rta, a.ru, ka.ra*
Nature: Cool
Uses: A compound which cures pulmonary diseases, sore throat and horseness of voice.

### ལི་ཤི་མཚོན་འཁོར།

*li.shi.mtshon.'khor*
lee shee tshon khor
English Name: Star anise
Taste: Hot to sweet
Potency: Warm
Uses: It is beneficial for the treatment of pain and distension of stomach resulting from cold conditions, constipation, urine retention and kidney and waist pain.

### ལིག་བུ་མིག་མཆོག

*lig.bu.mig.chog*
lig boo mig chok
Superior chalcedony
Uses: It has medicinal value to treat eye problems.

### ལིག་བུ་མིག་ལུགས་གཅིག

*lig.bu.mig.lugs.gcig*
lik boo mig look chik
A type of chalcedony

### ལིང་ཐོག་ནད།

*ling.thog.nad*
leeng thok ney
Albugo of the cornea; pellicle of the eye

### ལིང་ཚེ་དགུ

*ling.tshe.dgu*
leeng tse goo
Gratings, lattice; a lattice with nine squares or rectangles in it

### ལུག

*lug*
look
1) Sheep (one of the twelve animal signs)
2) Aries, one of the twelve zodiac signs

### ལུག་ཀླད་རིལ་བུ།

*lug.klad.ril.bu*
look ley ril boo
Ferula Foetida Regel eight (lit. brain of sheep)
Uses: It is used against vertigo and *bad.kan–rlung* combined disorders.

### ལུག་ཁལ།

*lug.khal*
look khel
Load carried by a sheep

ལུག་ངལ།

*lug.ngal*
look ngel
Corydalis adunca Maxim
Uses: It has medicinal value to alleviate disorders due to poison and relieves swelling of the limbs.

ལུག་ངལ་དཀར་པོ།

*lug.ngal.karpo*
look ngel kar po
Pedicularis ingens Maxim

ལུག་ཆུང་།

*lug.chung*
look choong
Botanical Name: Aster diplostaphioides, Aster strachei (Aster poliothamnus)
Uses: It is used against infectious fever, poisoning, brown phlegm and channel fevers.

ལུག་མཉེ།

*lug.mnye*
look nye
Botanical Name:
Polygonatum oppositifolium
Taste: Sweet, bitter and astringent
Potency: Warm
Uses: It is useful in the treatment of pain in the kidneys and waist region, fluid retention in the joints, weak digestive heat, first stage of dropsy, impotency, *rLung* disorders and restores bodily strength.

ལུག་ཐུག

*lug.thug*
look thoog
Uncastrated ram (Ovis aries)
Uses: The horn of a ram opens the mouth of the womb and helps in the delivery of a baby. It is also beneficial for gynaecological diseases.

ལུག་གདོང་།

*lug.gdong*
loog dong
Sheep-faced demon (lit. sheep face)

ལུག་མིག

*lug.mig*
look mik
Aster sp. (lit. sheep's eye)

ལུག་མིག་མེ་ཏོག

*lug.mig.me.tog*
look mig metok
Botanical Name:
Chrysanthemum, Aster barbellatus (lit. sheep eye flower)
Uses: It has medicinal value to treat disorders due to poison and to subside contagious fever.

ལུག་སྨུར།

*lug.mur*
look moor
Botanical Name: Phlomis younghusbandii Murkerj
Taste: Sweet to astringent
Potency: Neutral
Uses: It is useful in the treatment of infectious common cold accompanied by fever, lung diseases, pharyngitis, malignant and benign tumours and disturbed fever.

ལུག་གཞུག

*lug.gzhug*
look shook
Muscles of the upper arms, biceps brachii

ལུག་ཟླ་བ།

*lug.zla.ba*
look da wa
Sheep month; 4th month according to Tibetan elemental Astrology system

ལུག་རུ།

*lug.ru*
loog roo
Pedicularis sp

ལུག་རུ་དཀར་པོ།

*lug.ru.dkar.po*
loog roo karpo
Pedicularis hoffmeisteris

ལུག་རུ་དམར་པོ།

*lug.ru.dmar.po*
loog roo marpo
Botanical Name: Pedicularis przewalskii Maxim

ལུག་རུ་སྨུག་པོ།

*lug.ru.smug.po*
look roo mookpo
Botanical Name: Pedicularis Oliveriana Prain
Taste: Bitter
Potency: Cool

Uses: It is useful in the treatment of meat poisoning, dysentery, disorders of the stomach and small intestine, *bad.kan.smug.po* and helps in assembling the diffused toxins in the body.

ལུག་རུ་སེར་པོ།

*lug.ru.ser.po*
loog roo serpo
Botanical Name: Pedicularis longiflora Rudolph
Taste: Bitter and astringent
Potency: Cool
Uses: It is useful in the treatment of hot disorders of the liver and gall bladder, excessive seminal discharge, oedema and hangover.

ལུག་སུག

*lug.sug*
look sook
Melandrium glandulosum (Maxim) F.N. Williams Linn

ལུང་།

*lung*
loong.
Oral transmission (transference of the pure blessing from a teacher to disciples by his or her recitation of the classic medical and astro. texts)

ལུང་བསྟན།

*lung.bstan*
loong ten
Prophecy

ལུང་མ་བསྟན།

*lung.ma.bstan*
loong ma ten
Neutral; indeterminate

ལུང་རིགས།

*lung.rigs*
loong rik
Scriptural support and logic

ལུད་པ།

*lud.pa*
lue pa
Phlegm, sputum

ལུད་པ་འདོན་སྨན།

*lud.pa.'don.sman*
lue pa don men
Expectorant

ལུམས།

*lums*
loom
Medicinal bath therapy

ལུས།

*lus*
lue
1) Body; which is characterised by two
   (i) The spheres which are the object of harm (*gnod.bya.khams*)
   (ii) The humour which are the harmers (*gnod.byed.nyes.pa*)
2) Body (one of the four objects of calculation in Tibetan Elemental Astrology)

ལུས་ཀྱི་དབང་པོ་ལྔ།

*lus.kyi.dbang.po.lnga*
lue kee wang po nga
Five senses of the body-eyes, nose, ears, tongue and body

ལུས་ཀྱི་ལྡེ་མིག

*lus.kyi.lde.mig*
lue kee de mik
The key method to find body (health) element

ལུས་ཀྱི་གནས་ལུགས།

*lus.kyi.gnas.lugs*
lue kee ney look
The anatomical description of the body (Anatomy)

ལུས་ཀྱི་རྩའི་འགྲོ་ལུགས།

*lus.kyi.rts'i.'gro.lugs*
lue kee tsey do look
The vascular system

ལུས་ཀྱི་མཚན་ཉིད།

*lus.kyi.mtshan.nyid*
lue kee tshen nyee
Basic physiology of the body (Physiology)
It explains the spheres which are the objects of harm (7 bodily constituents and 3 excretions) and the humours (15 humours) which are the harmers.

ལུས་ཀྱི་ལས་དང་དབྱེ་བ།

*lus.kyi.las.dang.dbye.ba*
lue kee ley dang ye wa
Actions and classifications of the body

### ལུས་ངག་དྲག

*lus.ngag.drag*
lue ngak dak
Vigorous physical and verbal exertion

### ལུས་ངག་ཡིད་གསུམ་ལས།

*lus.ngag.yid.gsum.las*
lue ngak yee soom ley
Activities of the body, speech and mind

### ལུས་ལྕི་བ།

*lus.lci.ba*
lue chee wa
Ponderous lethargy, heaviness of the body

### ལུས་སྙོམ།

*lus.snyom*
lue nyom
Dullness of the body, weakness of the body

### ལུས་ཐིག

*lus.thig*
lue thik
Tibetan system of body measurements

### ལུས་འཕགས་པོ།

*lus.phags.po*
lue phakpo
Magestic body

### ལུས་བོངས་ཆུང་།

*lus.bongs.chung*
lue bong choong
Short in stature, short in height
The people of *rlung* (wind) nature are short in stature.

### ལུས་སྨེ།

*lus.sme*
lue mey
Body *smeba* or birth *smeba*

### ལུས་ཚ།

*lus.tsha*
lue tsa
Burning sensation in the body and mind

### ལུས་རྫོགས།

*lus.rdzogs*
lue zok
Completion of the body; one of the twelve rises and falls (*dar.gud.bcu.gnyis*) calculations

ལུས་ཟུངས།

*lus.zungs*
lue zoong
Bodily constituents

ལུས་ཟུངས་བདུན།

*lus.zungs.bdun*
lue zoong doon
The seven bodily constituents (Ayur: sat dhatus)

1) *dangs.ma*-Nutritional essence
2) *khrag*-Blood
3) *sha*-Muscle tissue
4) *tshil*-Fatty tissues
5) *rus*-Bone
6) *rkang*-Marrow
7) *khu.ba*-regenerative essence/fluids

ལུས་རིད།

*lus.rid*
lue ree
Emaciation of the body

ལུས་སེམས་ལྕི།

*lus.sems.lci*
lue sem chee
Heaviness of body and mind

ལེ་བརྒན།

*le.brgan*
ley gen
Tagetes erecta L.

ལེ་བརྒན་དམན་པ།

*le.brgan.dman.pa*
ley gen men pa
Calendule officinalis L.

ལེ་ལོ།

*le.lo*
le lo
Laziness

ལེན་པ།

*len.pa*
len pa
To take (grasping)

ལེན་པ་པོ།

*len.pa.po*
len pa po
Taker

ལེན་པ་པོ་བཞི།

*len.pa.po.bzhi*
lenpapo shee
The four takers

1) *drang.song.kun.tu.lenpa*

2) *drang.song.yang.dak.lenpa*
3) *drang.song.de.war.lenpa*
4) *drang.song.nye.war.lenpa*

## ལེའུ།

*le'u*
le voo
Chapter

## ལོ་འཁོར་པད་ཚལ།

*lo.'khor pad tshal*
lo khor pey tsal
English Name: Cabbage
Botanical Name: Brassica Oleracea
Taste: Slightly sweet to salty
Potency: Cool
Uses: Raw vegetable was eaten by over-indulgent Romans to prevent drunkeness. It helps imunize against breast cancer, heals tissues by encouraging cells to proliferate. It is an antibiotic food and possesses anti-bacterial powers, acts as anti-inflamatory, anti-rheumatic and liver decongestant. Fresh cabbage juice is very valuable in both gastric and duodenal ulcers. The juice is also beneficial in infectious diseases like obstruction jaundice and bladder infection. Externally the leave of cabbages can be used on wounds, inflammations, arthritic joints, ulcers and skin conditions like acne.
In folk medicines, it is taken internally for ailments like digestive and lung disorders, migraines, fluid retention and aches and pains. Recent clinical trials have demonstrated their effectiveness in treating stomach ulcers and obesity.

## ལོ་འགོ

*lo.'go*
lo go
The beginning of the year

## ལོ་རྒན་དྲུག་ཅུ།

*lo.rgan.drug.cu*
lo gen dook choo
Sixty-year cycle

## ལོ་བརྒྱད་དྲི་ཆུ།

*lo.brgyad.dri.chu*
lo gye dee choo
Urine of an eight year old (child)

## ལོ་ཆེན་དྷ་མ་ཤྲཱི།

*lo.chen.dha.ma.sbri*
lo chen dharma shri
Lochen Dharma Shri (1654-1718) was the younger brother of *Ter.dag.ling.pa.* He authored numerous books on astrology including *rtsis.gzhung.nyin.byed.snang.ba;* (The Illuminating Treatise on Astrology and Astronomy). He was killed by Mongol warlords in 1718.

## ལོ་ཏོག

*lo.tog*
lo tok
Crops

## ལོ་རྟགས་བཅུ་གཉིས།

*lo.rtags.bcu.gnyis*
lo tak choo nyee
The twelve animal signs of the twelve year cycle

*1) byi.ba*-mouse
*2) glang*-ox
*3) stag*-tiger
*4) yos*-hare or rabbit
*5) 'brug*-dragon
*6) sbrul*-snake
*7) rta*-horse
*8) lug*-sheep
*9) sprel*-monkey
*10) bya*-bird
*11) khyi*-dog
*12) phag*-pig or boar

## ལོ་རྟགས་བཅུ་གཉིས་ཀྱི་ཕྱག་རྒྱ།

*lo.rtags.bcu.gnyis.kyi.phyag.rgya*
lo tak choo nyee kee chak gya
Protective seals (Mudras) of the twelve year cycle

## ལོ་རྟགས་ཕོ་མོ།

*lo.rtags.pho.mo*
lo tak fomo
The masculine and feminine of the animal signs

1) Masculine or male signs: Mouse, tiger, dragon, horse, monkey and dog
2) Feminine or female signs: Ox, hare, snake, sheep, bird, and pig

## ལོ་ཐོ།

*lo.tho*
lo tho
Almanac, ephemeris; which shows the precise daily motion of the sun and planets

## ལོ་ཐོ་རྒྱས་འབྲིང་བསྡུས་གསུམ།

*lo.tho.rgyas.bring.bsdus.gsum*
lo tho gey ding due soom

The three types of almanac; detail, medium and brief

ལོ་དག།

*lo.dag*
lodak
Standard year

ལོ་ནག།

*lo.nag*
lonak
Black year

ལོ་ནད་སྟན་འབྱར།

*lo.nad.stan.'byar*
lo ney ten jar
Bedridden due to prolonged illness

ལོ་ནག་ཆེ་བ།

*lo.nag.che.ba*
lo nak che wa
The great black year; If any of the four animal signs-tiger, monkey, pig and snake arise in the current year along with *smeba* number two (black), it becomes Black year.

ལོ་མར།

*lo.mar*
lo maar
Aged butter (lit. one year old butter)

ལོ་བཙན།

*lo.btsan*
lo tsen
It is a synonym of *bya.rkang* (Delphinium caeruleum Jacq. ex. Camb)

ལོ་རྩ་བ།

*lo.rtsa.ba*
lo tsa wa
Translator

ལོ་ཟླ་ཞག་དུས་ཀྱི་ཁམས།

*lo.zla.zhag.dus.kyi.khams*
lo da shak due kee kham
Elements of the year, month, day and time

ལོ་ཤ།

*lo.sha*
lo sha
Aged meat (lit. one year old meat)

ལོ་བཤད།

*lo.bshad*
lo shey
Explanation of the year

ལོ་ཤུར།

*lo.shur*
lo shoor
Stale greens

ལོ་གསར།

*lo.gsar*
losar
New Year

ལོ་གསར་གནམ་གང་།

*lo.gsar.gnam.gang*
lo sar nam gang
New year eve

ལོག་མེན།

*log.men*
lok men
The changeable animal signs
Each person has one birth sign and one changeable animal sign. Birth sign remains constant until death whereas changeable sign changes every year

ལོག་མེན་ལེ་ལག་རྣམ་བཞི།

*log.men.le.lag.rnam.bzhi*
lok men le lak namshee
The four types of changeable animal signs
1) *'ju.thag*
2) *rten.pbur*
3) *gnam.rgyang*
4) *sa.rgyang*

ལོག་གཡེམ།

*log.gyem*
lok yem
Adultery

ལོང་།

*long*
long
Colon
A part of the large intestine which begins at caecum and ends at rectum

ལོང་ག

*long.ga*
long ga
Large intestine

ལོང་གི་ཆུ་ཙ་ཕྲན་བུ།

*long.gi.cbu.tsa.phran.bu*
long gee choo tsa tenboo

Minor water channels of the large intestine

ལོང་ནད།

*long.nad*
long ney
Diseases of the large intestine

ལོང་བུ།

*long.bu*
long boo
Ankle bones

ལོང་རྩ།

*long.rtsa*
long tsa
Veins in the ankles (blood letting branches of the saphanous)

ལོང་གསང་།

*long.gsang*
long sang
A moxibustiion point at the sixteenth vertebra which is associated with large intestine; performing moxibustion at this point cures distension of large intestine due to entering of cold wind, intestinal tumour etc.

ལོངས་སྐུ།

*longs.sku*
long koo
The enjoyment body (Buddha's actual subtle form)

# ཤ།

ཤ།

*sha*

sha

1) Muscle tissues
2) Meat

ཤ་ཀ་མ།

*sha.ka.ma*

sha ka ma

Botanical Name: Crocus sativus Linn

It is a synonym of *gur.gum* (saffron).

ཤ་བཀྲ།

*sha.bkra*

sha ta

Vitiligo or leucoderma

A condition characterised by loss of skin pigment in patches

ཤ་སྐེམ།

*sha.skem*

sha kem

Thin body, thin physique

ཤ་སྐྲན་བེམ་པོ།

*sha.skran.bem.po*

sha ten bempo

Insensitive tumour of the flesh

ཤ་ཁ་མ།

*sha.kha.ma*

sha kha ma

It is a synonym of *kha.che.gur.gum* (Crocus sativus L.).

ཤ་ཁུ།

*sha.khu*

sha khu

Meat broth

ཤ་རྒྱུས་ཀྱི་རྣམ་བཞག

*sha.rgyus.kyi.rnam.bzhag*

sha gyue ki namshak

The musular system

ཤ་སྒྲིམ།

*sha.sgrim*

sha dim

Muscles

A band of tissue in the body that can contract so as to move or hold the position of a part of the body.

ཤ་ཆེན།

*sha.chen*
sha chen
It is a synonym of *mi.sha* (human flesh*).*

ཤ་དར་ཡ་ཀན།

*sha.dar.ya.kan*
sha darya ken
It is a synonym of *rma.bya'i.sha (*peacock's flesh).

ཤ་དུག

*sha.dug*
sha dhook
Meat poisoning

ཤ་དྲོད་ཚ་བ།

*sha.drod.tsha.ba*
sha doe tsawa
Surface or body heat

ཤ་ཕོ་རུ་རྟ།

*sha.pho.ru.rta*
shafo ruta
Botanical Name: Aucklandia lappa Decne

ཤ་བ།

*sha.ba*
shawa
Deer (Cervus sp.)

ཤ་བ་བཅད་འབྱོར།

*sha.ba.bcad.'byor*
shawa chey jor
It is a synonym of *srol.gong.pa* (Soroseris hookeriana).

ཤ་བའི་ཁྲག་རྭ།

*sha.ba'i.khrag.ra*
sha wey tak ra
The whitish, soft and hairy horn that replaces the old horn of a deer annually

ཤ་བའི་སོག་རྭ།

*sha.ba'i.bog.ra*
sha wey bok ra
Freshly changed horns of a deer

ཤ་མ།

*sha.ma*
shama
Placenta
An organ in the womb of a pregnant mammal, which supplies blood and nourishment to the fetus through the umbilical cord.

ཤ་མོ།

*sha.mo*
shamo
English Name: Mushroom
Taste: Sweet and salty
Potency: Neutral
Uses: It is generally useful in the treatment of poisoning and wounds.

ཤ་ཟ།

*sha.za*
shaza
Skt. Pisaci; Carnivorus

ཤ་ཟན།

*sha.zan*
sha zen
Carnivorous animal

ཤ་ཟའི་ཤ།

*sha.za'i.sha*
sha zey sha
Meat of carnivorus animals

ཤ་རུ།

*sha.ru*
sha roo
Stagis Antler

ཤ་རུལ།

*sha.rul*
sha rul
Rotten meat

ཤ་རློན།

*sha.rlon*
sha lon
Raw meat

ཤ་ལ་ཡུ་རིང་།

*sha.la.yu.ring*
shala yu ring
Botanical Name:
Cremanthodium decaisnei C.B. Clorke

ཤ་ལང་འབངས།

*sha.lang.'bangs*
sha lang bang
It is a synonym of *kyi.lce.dkar.po'i.me.tog* (Gentiana straminea Maxim).

ཤང་དྲིལ།

*shang.dril*
shang dil
Botanical Name: Primula sp.
(Primula sikkimensis)

ཤང་དྲིལ་དཀར་པོ།

*shang.dril.dkar.po*
shang dil karpo
Primula sikkimenses Hook.

ཤང་དྲིལ་དམར་པོ།

*shang.dril.dmar.po*
shang dil marpo
Primula secundiflora Franch

ཤང་དྲིལ་སྨུག་ཆུང་།

*shang.dril.smug.chung*
shang dil muk chung
Primula bryophila Balf.et. Farrer

ཤང་དྲིལ་སྨུག་ཆེན།

*shang.dril.smug.chen*
shang dil muk chen
Primula nussola Balf. f. et. Forest

ཤང་ཚེ།

*shang.tse*
shang tsey
Botanical Name: Descurainia sophia (L.) Schur
Taste: Hot
Uses: It removes pain due to a life-channels disorder, cures *'bras*, cancerous growth and removes swellings.

ཤང་ལེན་སྨུག་པོ།

*shang.len.smug.po*
shanglen muk po
Driophyton Wallichii Benth.

ཤང་ཤང་།

*shang.shang*
shang shang
Civameivaka
A winged creature with bird legs and human torso.

ཤམ་བྷ་ལ།

*sham.bha.la*
shambala
Shambala; a pure land which is the cradle of Kalachakra Tantra

ཤར།

*shar*
shar
East

ཤར་སྐར་བདུན།

*shar.skar.bdun*
shar kar dun
The seven constellations in the east according to Elemental

astrology system (*'byung.rtsi. lugs)*:
1. *smin drug*-Krittika
2. *snar ma*-Rohini
3. *mgo*-Mrigasira
4. *lag*-Aridra
5. *nab so*-Punarvasu
6. *rgyal*-Pushyami
7. *skag*-Aslesha

## ཤི་བ།

*shi.ba*
shi wa
Die, dead,

## ཤིག་དང་སྲོ་མ།

*shig.dang.sro.ma*
shik dang so ma
Lice and nits

## ཤིང་ཀུན།

*shing.kun*
shing kun
Hindi Name: Hing/Hingu
English Name: Devil's dung
Botanical Name: Ferula asafoetida
Taste: Hot
Potency: Warm
Uses: It is used against hysteria, impaired digestive heat, loss of bodily heat, cold disorders, flatulence and diseases associated with micro-organism.

## ཤིང་ཀུན་ཉེར་ལྔ།

*shin.kun.nyer.lnga*
shing kun nyer nga
Ferula Foetida Regel Twenty five
Ingredients: *gar.nag, shing.kun, 'brong.khrag, li.shi, dza.ti, shing.tsha, sga.skya, pi.ling, pho.ril, spos.dkar, gul.nag, rgya.tshos, shu.dag, se.'bru, sgog.thal, sug.smel, a.ru, ar.nag, ru.rta, ma.nu, sle.tres, rgyam.tsha, sman.chen, go.snyod.'bru, ri.snying*
Nature: Warm
Uses: A compound which cures *rlung* disorders affecting muscle tissue, skin, vessels, bone, five vital organs, six hollow organs and malfunctioning of the five major types of *rlung*.

## ཤིང་སྐྱུ་རུ་མ།

*shing.skyu.ru.ma*
shing kyuru ma
Botanical Name:
Ceratostigma minus
Taste: Astringent
Potency: Neutral

Uses: It is used against hypertension, epistaxis and loss of blood from the uterus after child birth.

ཤིང་གི་ཆུ།

*shing.gi.chu*
shingi choo
Forest water

ཤིང་གི་སྙིང་པོ།

*shing.gi.snying.po*
shing gi nying po
A synonym for *ga.bur* (Cinnamomum camphora).

ཤིང་གི་ནོར་བུ།

*shing.gi.nor.bu*
shing gi nor bu
A synonym for *a.ru.ra* (Terminalia chebula).

ཤིང་གི་གསེར་སྨན།

*shing.gi.gser.sman*
shing gi ser men
It is a synonym for *skyer.pa.dkar.po* (Berberis sp.).

ཤིང་གྲིབ།

*shing.grib*
shing dib
Shade of a tree

ཤིང་མངར།

*shing.ngar*
shing ngar
Skt. Name: Yastimadhu
Hindi Name: Mulethi
English Name: Liquorice
Botanical Name: Glycyrrhiza glabra
Family: Papilionaceae
Taste: Sweet
Potency: Cool
Uses: It treats pulmonary diseases, neurological disorders, thirst, vomitting, hoarseness, heartburn and acts as an expectorant.

ཤིང་གཉན་གཅོད་པ།

*shing.gnyan.gcod.pa*
shing nyen choe pa
Cutting off the plague-causing demons of tree (wood)

ཤིང་ཏེལ།

*shing.tel*
shing tel
A wooden cauterisation instrument (lit. wooden hammer), which is rubbed to

generate heat and is applied at the point of a disorder

ཤིང་ཏོག་བཅུད་ལྡན།

*shing.tog.bcud.ldan*
shing tok chue den
A synonym for *kham.bu* (Prunus sp.).

ཤིང་ཏོག་ཨ་མྲ།

*shing.tog.arm*
shing tok am
Skt. Name: Amra
Hindi Name: Aam
English Name: Mango
Botanical Name: Mangifera indica
Taste: Sweet to slightly astringent
Potency: Warm
Uses: It strengthens the kidneys, builds immune system, benificial for night blindness, premature wrinkling of the skin, prevents attacks of cold sinusitis and is highly recommended to people suffering from constipation. However, person having diabetes, fever and inflammation as well as obese by nature should take less mangoes.

ཤིང་སྡོང་།

*shing.sdong*
shing dong
Tree

ཤིང་ནག

*shing.nag*
shing nak
A synonym for *a.ga.ru* (Aquilaria sinensis).

ཤིང་ལྤགས།

*shing.lpags*
shing pak
Bark

ཤིང་བ་ཤ་ཀ།

*shing.ba.sha.ka*
shing basha ka
Parilla frutescens var.acuta (Thumb) kudo

ཤིང་མ་གི་ཏ།

*shing.ma.gi.ta*
shing magi ta
A synonym for *re.ral* (Drynaria sinica Diels).

## ཤིང་སྨན།

*shing.sman*
shing men
Medicinal tree like Santalum (album Linn) etc.

## ཤིང་རྩེར་འཛེག་པ།

*shing.rtser.'dzeg.pa*
shing tser zegpa
Climb to the top of a tree

## ཤིང་ཚ།

*shing.tsha*
shing tsa
Skt. Name: Tvak
Hindi Name: Dalchini/ Tejpati
Englis Name: Cinnamon
Botanical Name: Cinnamomum zeylanicum
Family: Lauraceae
Taste: Hot to sweet
Potency: Warm
Uses: It is recommended for impaired digestive heat, indigestion, flatulence, blood sugar, pain during menstrual cycle, weak kidney and diarrhoea.

## ཤིང་ཚའི་ལོ་མ།

*shing.tsha'i.lo.ma*
shing tsey loma
Skt. Name: Tej pattra
Botanical Name: Cinnamomum Cassia/ Tamala

## ཤིང་ཡོང་འདུ།

*shing.yong.'du*
shing yong du
The tree of wish fulfilment

## ཤིང་ཨ་ཀྲོང་།

*shing.a.krong*
shing a tong
Buddleia crispa Benth.

## ཤིན་དུ་ཉེ་བའི་འཆི་ལྟས།

*shin.du.nye.ba'i.'chi.ltas*
shin du ney wey chi tey
Extremely imminent signs of death
The extremely imminent signs of death are gradual dissolution of the power of five elements and the five sense faculties resulting in wrong perception and discomfort.

## ཤིན་སྦྱངས།

*shin.sbyangs*
shin jang
Pliancy; suppleness
It is a very basic necessity for firm understanding of the emptiness (*stong nyid*), gained through the power of calm-abiding mediation (*samatha*).

## ཤུ་ཏི།

*shu.ti*
shuti
It is a synonym of *'u.su* (Coriandrum sativum L.).

## ཤུ་ཐོར།

*shu.thor*
shu thor
Blisters
A contagious skin disease which arises due to an imbalance in the internal micro-organism and increase in serum. It is characterised by itchy blisters that mainly form around the ears, face, arms and legs which leads to the outflow of liquid after scratching the affected part.

## ཤུ་དག་དཀར་པོ།

*shu.dag.dkar.po*
shudak karpo
Hindi Name: Bacha/Vacha
English Name: Sweet flag
Botanical Name: Acorus Gramineus solad
Taste: Hot
Potency: Warm
Uses: It is used to treat debility, dullness of body and mind, food poisoning and loss of appetite.

## ཤུ་དག་ནག་པོ།

*shu.dag.nag.po*
shudak nakpo
Hindi Name: Bacha/Vacha
English Name: Sweet flag
Botanical Name: Acorus Calamus L.
Taste: Hot
Potency: Warm
Uses: It is used to treat weak digestive heat, indigestion, inflammation, diptheria, sudden swelling and coma due to *snying.rlung* (heart disorder associated with *rlung*).

ཤུ་བ།

*shu.ba*

shu wa

Blister, Abscess, Skt. Visphotaka

An eruption of boils on the outer skin with formation of pus and fluid

ཤུ་མོ་ཟ།

*shu.mo.za*

shumo za

Botanical Name: Trigonella foenum-graecum

Taste: Bitter to hot

Potency: Heavy, oily and warm

Uses: It is useful in treating formation of pus in the lungs, diarrhoea associated with cold conditions, *rlung* and *bad-kan* disorders, loss of appetite, weak and low heat in the kidney.

ཤུག་པ།

*shug.pa*

shuk pa

Juniper

ཤུག་པ་ཚེར་ཅན།

*shug.pa.tsher.can*

shuk pa tsher chen

English Name: Juniper

Botanical Name: Juniperus squamata

Taste: Bitter

Potency: Cool

Uses: It is used against hot disorders of the kidneys, accumulation of serous fluids in the joints and to relieve sudden swelling.

ཤུག་འབྲུ།

*shug.'bru*

shuk du

English Name: Juniper seed

Botanical Name: Juniperus indica

Uses: It is used against joint pain, pneumonitis, hepatitis, cholecystitis and diuretic or frequent urination.

ཤུགས་བཀག

*shugs.bkag*

shug kak

Suppression of the manifested natural urges

ཤུགས་བཀག་པ།

*shugs.bkag.pa*
shug kak pa
Forced retention of (stool, urine etc.)

ཤུན་པ།

*shun.pa*
shun pa
Bark

ཤུལ་ཤ་ནང་།

*shul.sha.nang*
shuel sha nang
Inner muscles of the back

ཤུལ་ཤ་ཕྱི།

*shul.sha.phyi*
shul sha chi
Outer muscles of the back (lower trapezons)

ཤེལ།

*shel (chu shel)*
shel
English Name: Crystallum
Taste: Sweet
Uses: It treats fevers, lethargy, drowsiness and promotes the clearity of mind.

ཤེལ་ཏ།

*shel.ta*
shel tah
English Name: Galipot. Pine resin
Botanical Name: Pinus griffithii
Uses: It retains bone resin and drains serous fluid from bones.

ཤེལ་རྡོ།

*shel.rdo*
sheldo
Pyrorgyritum

ཤེས་པ།

*shes.pa*
shey pa
Awareness; consciousness; mind

ཤེས་པ་འཚུབ་པ།

*shes.pa.'tshub.pa*
shey pa tsub pa
Unrest mental state, mental instability
It is a symptom of diseases caused by *rlung*.

ཤེས་བྱ།

*shes.bya*
shey ja
Object of knowledge

ཤེས་ཚོར།

*shes.tshor*
shey tsor
Feeling, sense

ཤེས་བཞིན།

*shes.bzhin*
shey zhin
Introspection, introspective awareness

ཤེས་བཞིན་གྱི་སྟོབས།

*shes.bzhin.kyi.stobs*
shey shin ki tob
Power of introspective alertness

ཤེས་ཡོན་ཅན།

*shes.yon.can*
shey yon chen
Intellectual, learned

ཤེས་རབ།

*shes.rab*
sherab
Wisdom

ཤོ་མང་།

*sho.mang*
shomang
English Name: Dockleaf
Botanical Name: Rumex hepatonsis, Rumex nepalensis Spreng
Taste: Sweet and bitter
Potency: Cool
Uses: It is useful in the treatment of constipation, poisoning, stagnation of impure or bad blood, swelling, infectious fever, fever due to wound and eliminates micro-organisms.

ཤོ་རེ།

*sho.re*
sho rey
Hare-lip

ཤོག་ཤིང་།

*shog.shing*
shok shing
A synonym of *re.lcag.pa* (Stellera chamaejasme L.).

གཤའ་དཀར།

*gsha'.dkar*
sha kar
Tin

གཤའ་ཐལ།

*gsha'.thal*
sha thel
Cassiteritum ash
Uses: It is used to heal wounds, disorders caused by evil spirits, acts as an antidote, dries up pus and lymph accumulation and dyes hair.

གཤའ་རྡོ།

*gsha'.rdo*
sha do
Tin ore

གཤིན་འདྲེ།

*gshin.'dre*
shin dey
Death spirits

གཤིན་རྩིས།

*gshin.rtsis*
shin tsi
Death astrology, Death calculation

གཤིས་རྒྱུད།

*gshis.rgyud*
shi gyue
Nature, temperament

གཤེད་གཟའ།

*gshed.gza'*
shey za
Foe day or unfavourable day
One should avoid starting any important task on the foe day.

གཤེད་སྐར།

*gshed.skar*
shey kar
Foe constellation

གཤོལ་འགྲོ་སྐྱེས།

*bshol.'gro.skyes*
shol do key
Lit. 'born behind the walking plough'; refers to a saint who was present during Buddha's teaching on medicine

བཤང་།

*bshang*
shang
Defecation or stool

བཤང་བ་གཏོང་བ།

*bshang.ba.gtong.ba*
shang wa tong wa
Defecate

བཤད་རྒྱུད།

*bshad.rgyud*
shey gue
The Explanatory Tantra–the second volume of the *rgyud-bzhi* which consists of thirty one chapters.
The Explanatory Tantra is compared to the sun and moon over the sky so vast, as it gives clear explanation of both the meaning and words of the text.

བཤད་པའི་སྡོམ།

*bshad.pa'i sdom*
shey pey dom
Summary of the Explanatory Tantra

བཤད་ལུང་གནང་།

*bshad.lung.gnang*
shey lung nang
To transmit and explain a text

བཤན་དམར་བྱེད་པ།

*bshan.dmar.byed.pa*
shen mar jey pa
To slaughter living beings

བཤལ།

*bshal*
shel
Purgatives

བཤིག་བྱེད་ནག་པོ།

*bshig.byed.nag.po*
shikjey nakpo
A synonym for *'bam.po* (Ligusticum pteridophyllum Franch. ex Oliv).

བཤུལ་ཆགས།

*bshul.chags*
shul chak
A class of hooved animals (i.e. horse, donkey, mule etc.)

ཤྲི་ཁན་ཊ།

*shri.khan.ta*
shri khenta
Botanical Name:
Rhus verniciflus Stokes
Taste: Astringent to bitter
Potency: Warm and highly poisonous

Uses: It is useful in the treatment of constipation.

# ས།

སཱ།

*sa*

sa

Earth; one of the five major elements

The earth element produces muscles, bones and the smelling capability of the foetus.

ས་སྐར་བདུན།

*sa.bskar.bdun*

sa kar dun

The seven earth constellations:

1) *snar.ma* 2) *snron,*

3) *lha.mtshams*, 4) *chu.smad,*

5) *gro.bzhin*, 6) *byi.bzhin,*

7) *mon.gru*

ས་བཀྲ་ཤིས་པ།

*sa.bkra.shis.pa*

sa tashi pa

The auspicious ground

ས་ག

*sa.ga*

saga

1) Skt. Visakha, Ox faced
2) Vaisakha, Zubemubi (15$^{th}$ constellation)

ས་སྒོ།

*sa.sgo*
sago
Earth door

ས་གཉན་རློག་པ།

*sa.gnyan.rlog.pa*
sa nyen lok pa
Digging up the plague-causing demons of the earth

ས་བདག

*sa.bdag*
sadak
Skt. The bhumipati, Lord of the locality, Lord of the earth It refers to spirits who are local deities.

ས་བདག་ཕྱག་རྒྱ།

*sa.bdag.phyag.rgya*
sadak chak gya
Protective seal of the lords and ministers of spirits

ས་དཔྱད།

*sa.dpyad*
sa chey
Tibetan geomancy and 'feng shui'. *Sa-che* is the subject of earth or geographical analysis

ས་བོན་སྐྲན།

*sa.bon.skran*
sabon tren
Ovum tumour

ས་བོན་འཛགས་པ།

*sa.bon.'dzags. pa*
sabon zak pa
Spermatorrhea, night fall

ས་སྨན།

*sa.sman*
samen
Medicinal soil like sulphur; lit. earth medicine

ས་ཚ།

*sa.tsha*
sa tsa
Stamp clay

ས་ཞིང་།

*sa.zhing*
sa shing
Farm land, field

ས་གཞོང་།

*sa.gzhong*
sa shong
A unique Tibetan astronomical calculating board

ས་ཟླ།

*sa.zla*
sa da
Vaisakh; fourth month of Tibetan lunar calender

ས་རི།

*sa.ri*
sari
Swati, Arcturus (it is the 14th constellation)

ས་བཤད།

*sa.bshad*
sa shey
Geography

ས་སྲན་བརྐོ་བ།

*sa.sran.brko.ba*
sasen kowa
Digging solid earth, digging hard earth

ས་སྲོས་ཁྱི།

*sa.sros.khyi*
sa soe khi
Dog hour, dusk (7-8 p.m.)

སག་རྩི།

*sag.rtsi*
sak tsi
Verdigris

སངས་རྒྱས་ཀྱི་གོ་འཕངས།

*sangs.rgyas.kyi.go.'phangs*
sangye ki gofang
Enlightenment; stage of perfection
A person who attains enlightenment has completely destroyed ignorance and perfected all knowledge and wisdom.

སངས་རྒྱས་ཀྱི་རང་བཞིན།

*sangs.rgyas.kyi.rang.bzhin*
sangye ki rang shin
Buddha nature

སངས་རྒྱས་བྱམས་པ།

*sangs.rgyas.byams.pa*
sangye jampa
Buddha Maitreya

སངས་རྒྱས་མར་མེ་མཛད།

*sangs.rgyas.mar.me.mdzad*
sangye mar may zey
Buddha Dipamkara

སངས་རྒྱས་འོད་དཔག་མེད།

*sangs.rgyas.'od.dpag.med*
sangye voe pak mey
Buddha Amitabha

སངས་རྒྱས་ཤཱ་ཀྱ་ཐུབ་པ།

*sangs.rgyas.sha.kya.thub.pa*
sangye shakya thub pa
Buddha Shakyamuni
He was the fourth Buddha of this aeon, and the revealer of the Dharma healing teachings

སད་མདའ།

*sad.mda'*
sey da
A preliminary therapeutic test

སད་པའི་སྐབས་ཀྱི་ཐིག་ལེ།

*sad.pa'i.skabs.kyi.thig.le*
sey pey kab ki thikle
The drop of awakening
It abides mainly at the forehead and the navel; and refers to a state, when energies in the upper portion of the body converge at the forehead and energies in the lower portion of the body converge at the navel, at the time of one's awakening from sleep. This drop of awakening is called 'the body-drop' (Tib. *Lus.sem.sku'i.thig. le*).

སི་པན།

*si.pan*
sey pen
English Name: Chilli
Botanical Name: Capsicum Frutescens
Taste: Hot
Potency: Warm and dry
Uses: It is one of the best carminative agents, and removes gases from the body, circulatory stimulant, antiseptic, anti-bacterial, and promotes appetite. It is also used to relieve indigestion, promote sweating, and to tonify the nervous system. It is good for throat problems, such as tonsillitis, laryngitis, and hoarseness. Recent research suggests that cayenne can ease severe pain of shingles and migraines. But

excessive consumption of cayenne can lead to gastro enteritis and liver damage. It is advised to avoid seeds, as they can be toxic.

ས་འི་དཀྱིལ་འཁོར།

*sa'i.dkyil.'khor*
sey kyil khor
The earth Mandala

སིང་པོ།

*sing.po*
singpo
Light wine, light *chang*

སིན་དྷུ་ར།

*sin.dhu.ra*
sindura
English Name: Yellow ochre
Scientific Name: Limoniterra
Taste: Sweet to astringent
Uses: It cures wounds of five vital and six hollow organs, blood disorders and effective in the treatment of fevers and serious burns.

སིབ་ནད།

*sib.nad*
sib ney
Measles

སུ་མི།

*su.mi*
sumi
Corydalis Yanhusuo W.T. Wang

སུ་ལུ།

*su.lu*
sulu
Rhododendron sp.

སུག་སྨེལ།

*sug.smel*
suk mel
Skt. Name: Ela
Hindi Name: Chota Ilaichi
English Name: Cardamom
Botanical Name: Elettaria cardamomum
Taste: Hot
Potency: Warm
Uses: It is useful in the treatment of urine retention, stomach disorders, kidney ailments and promotes appetite and generates digestive heat.

སུག་སྨེལ་བཅུ་པ།

*sug.smel.bcu.pa*
suk mel chupa
Cardamom Ten

Ingredients: *sug.smel, sga.skya, rgyam.tsha, pi.pi.ling, gla.rtsi, sdig.srin, lcam.pa, a.'bras, sa.'bras, 'jam.'bras, bur.dkar*
Nature: Warm
Uses: A compound which treats renal dysfunction due to *rlung* and *bad-kan*, urinary tract calculi and obstruction of urine.

སུམ་ཅུ་ཏིག

*sum.cu.tig*
soom choo tig
Botanical Name: Saxifraga umhellulata
Taste: Bitter
Potency: Cool
Uses: It treats hot disorders of the liver, gall bladder, pain of the small intestine and disorders of blood and *mkhris-pa*.

སུམ་ཅུ་རྩ་གསུམ།

*sum.cu.rtsa.gsum*
soom choo tsa soom
The heaven of thirty-three; celestial abode of gods of the desire realm believed to be located on the top of Mt. Meru

སུར་ཡ།

*sur.ya*
surya
Internal lesion, Herpes
A round red rash on the skin associated with sores on specific organs

སེ་རྒོད།

*se.rgod*
se goe
English Name: Wild Rose
Botanical Name: Rosa laevigate
Taste: Sweet to astringent
Potency: Cool
Uses: It is beneficial in the treatment of fever related with poisoning, liver infection, epidemic fever associated with *rlung* and disorders of lymph.

སེ་བའི་མེ་ཏོག

*se.ba'i.me.tog*
sey wey metok
Botanical Name: Rosa brunonii
Taste: Sweet to sour
Potency: Neutral and oily
Uses: It is used against giddiness, acute headache, tinnitus, hot disorders,

problems associated with gall bladder and *rLung* ailments.

## སེ་འབྲུ།

*se.'bru*
se doo
Hindi Name: Anar/Dhalima
Botanical Name: Punica granatum L.
Taste: Sour to sweet
Potency: Warm
Uses: It restores weak digestive heat and is used against indigestion, loss of appetite, cold diseases and disorders of the *rLung*.

## སེ་འབྲུ་ཀུན་བདེ།

*se.'bru.kun.bde*
se doo kun dey
Comforting Punica Granatum
Ingredients: *se.'bru, shing.tsha, sug.smel, pi.ling, gur.gum, bre.ga, tig.ta, 'u.su, hong.len, ba.sha.ka, brag.zhun, spang.rtsi, skyu.ru, pri.yang.ku, lcam.'bru, sdig.srin, bur.dkar*
Nature: Warm
Uses: A compound which promotes digestive heat, increases appetite, helps to build strength and vigour, cures against urinary tract calculi, nephrosis and obstruction of urine.

## སེ་འབྲུ་ལྔ་པ།

*se.'bru.lnga.pa*
se doo nga pa
Punica Granatum Five
Ingredients: *se.'bru, shing.tsha, sug.smel, pi.ling, sga.skya*
Nature: Warm
Uses: A compound used against indigestion, stomachal tumour, vomiting, anorexia, hysteria and pain in the kidneys and waist region.

## སེ་འབྲུ་ཉི་དགའ།

*se.'bru.nyi.dga'*
sedu nyi ga
Punic Sun Comfort
Ingredients: *se.'bru, shing.tsha, sug.smel, pi.pi.ling, gur.gum, lcam.pa*
Nature: Warm
Uses: It treats debility, promotes digestive heat, clears blockage of vessels due to formation of excess mucus and is diuretic.

## སེ་འབྲུ་དྭངས་གནས།

*se.'bru.dangs.gnas*

se du dang ney
Maintainer of Essence
Ingredients: *se.'bru, shing.tsha, sug.smel, pi.pi.ling, gur.gum*
Nature: Warm
Uses: A compound which promotes digestive heat, clears the blockage of vessels, heals debility and helps the growing children.

སེ་འབྲུ་པད་འདབ།

*se.'bru.pad.'dab*
se du pey dab
Punica Lotus Pedal
Ingredients: *se.'bru, shing.tsha, sug.smel, pi.ling, gar.nag, gser.me, gser.mdog, se.ba'i.me.tog*
Nature: Warm
Uses: A compound used against dyspepsia, *Bad.kan* disorders, gastritis and specially for bad kan associated with *mkhris pa* disorders.

སེང་གེ

*seng.ge*
senge
Leo; one of the twelve zodiac signs and is symbolized by a lion

སེང་གེའི་རྩལ།

*seng.ge'i.rtsal*
sen gey tsel
The powers of a lion

སེང་གེ་འཇིགས་མེད།

*seng.ge.'jigs.med*
sengey jigme
Silene sp.

སེང་ལྡེང་།

*seng.ldeng*
seng deng
Hindi Name: Khadira, khair
Botanical Name: Acacia catechu
Taste: Astringent
Uses: It is recommended against gout, arthritis, lymph disorders, proliferation of impure blood and skin diseases.

སེང་ལྡེང་ཉེར་ལྔ།

*seng.ldeng.nyer.lnga*
seng deng nyer nga
Acacua Catechu Twenty Five
Ingredients: *seng.ldeng, skyu.ru, lca.ba, ra.nye, gze.ma, ba.spu, nye.shing, spos.dkar, thal.rdor, so.ra, zi.dkar, zi.nag, til.dkar, sle.tres, ba.ru, a.ru, til.nag,*

*skyer.shun, sman.chen, ru.rta, gla.rtsi, shu.dag.nag.po, pi.pi.ling, nya.phyis.btul.ma, dngul.chu.dkar.btul*
Nature: Cool
Uses: A compound which cures paralysis, rigidity of the limbs, neuritis, rheumatoid arthritis, fits, *rkang.'bam* and formation of excess serous fluid.

## སེང་ལྡེང་ཉེར་གསུམ།

*seng.ldeng.nyer.gsum*
seng deng nyer soom
Acacia Catechu Twenty three
Ingredients: *seng.ldeng, a.ru, ba.ru, skyu.ru, skyer.shun, gul.nag, spos.dkar, gla.rtsi, hong.len, so.ra, kyi.lce.dkar.po, tsan.dkar, tsan.dmar, ba.le.ka, ba.sha.ka, gur.gum, cu.gang, zir.dkar, zir.nag, gi.wam, thal.rdor, brag.spos*
Nature: Cool
Uses: A compound used against gout, arthritis, pain in kidneys and waist region, leucorrhea and spermatorrhoea.

## སེན་མོ།

*sen.mo*
senmo
Nails.

## སེམས།

*sems*
sem
Syn. of *yid* and refers to the crystal energy which cognises things

## སེམས་ཀྱི་བདེ་སྐྱིད།

*sems.kyi.bde.skyid*
sem ki dekey
Mental Happiness
Ingredients: *go.yu.dkar.po, li.shi, dza.ti, rtsi.bo.che, pi.pi.ling, ru.rta, snying.zho.sha, ar.nag, bu.smug sman.chen.'bri.tshil, sga.skya, pho.ril, kha.ru.tsha, ri.bong.snying, 'brong.snying*
Nature: Warm
Uses: A compound used against all types of *rlung* disorders specifically for *rlung* affecting *srog.rtsa* (life channel) which is manifested as stress, tension, anxiety, mild depression, irritability, lack of concentration, trembling, insanity and dumbness.

## སེམས་ཀྱི་གོ་དོན།

*sems.kyi.go.don*

sem ki go don
The concept of mind

སེམས་ཀྱི་རྒྱུ་སྐད་ཅིག་མ།

*sems.kyi.rgyu.skad.cig.ma*
sem ki gyu keychik ma
Moments of consciousness

སེམས་ཁམས་རིག་པ།

*sems.khams.rig.pa*
sem kham rik pa
Psychology

སེམས་ཅན།

*sems.can*
sem chen
Living creatures, Sentient being (lit. possessing mind)

སེམས་ཅན་གྱི་ཁམས།

*sems.can.gyi.khams*
sem chen ki khams
Realms of sentient beings

སེམས་དང་ལྡན་པ་མ་ཡིན་པ།

*sems.dang.ldan.pa.ma.yin.pa*
sem dang den pa ma yin pa
Non-associated compositional factors

སེམས་པའི་གཞི་གྲུབ།

*sems.pa'i.gzhi.grub*
sem pey shi dup
Spiritual existence

སེམས་པའི་ཤེར་རྟོགས་རིགས་པ།

*sems.pa'i.sher.rtogs.rigs.pa*
sem pey sher tok rig pa
Philosophy of the mind

སེམས་བྱུང་།

*sems.byung*
sem joong
Mental factor (the various aspects of the mind apart from the five main sense consciousnesses)

སེམས་ཚབས།

*sems.tshabs*
sem tsab
Nervous mind

སེམས་ལས་ཆེ་བ།

*sems.las.che.ba*
sem ley chey wa
Great mental anguish, excessive mental activity

སེམས་ལས་བྱུང་བ།

*sem.las.byung.ba*
sem ley joong wa
Psychic factors

སེར།

*ser*
ser
Yellow

སེར་ཆེན།

*ser.chen*
serchen
Trollius chinensis Bge.

སེར་སྣ།

*ser.sna*
ser na
Stingy, miser

སེར་པོ་བཙན་དུག

*ser.po.btsan.dug*
serpo tsen duk
Yellow aconite, Aconitum fischeri Reichenb

སེར་བ།

*ser.ba*
ser wa
Hail

སེར་བ་རུས།

*ser.ba.rus*
ser wa rue
Head of femur

སེར་མཚུར།

*ser.mtshur*
ser tsur
English Name: Yellow vitriol
Scientific Name:
Fibroferritum
Taste: Sour
Potency: Hot
Uses: It is recommended for septic wounds in the mouth, tumours and hair colouring.

སེར་ཤ།

*ser.sha*
ser sha
Yellow mushroom

སོ་རྙིལ་གྱི་གཉན་ཁ།

*so.rnyil.gyi.gnyan.kha*
so nyil ki nyan ka
Gingivitis
A condition characterised by inflammation of gums

སོ་རྙིལ་གྱི་ནད།

*so.rnyil.gyi.nad*

so nyil ki ney
Pyorrhea (diseases of the gum)

སོ་ནག་དཔལ་འཛོམས།

*so.nag.dpal.'dzoms*
sonak pelzom
Botanical Name: Coriandrum sativum Linn
Taste: Sweet and hot
Potency: Warm
Uses: It is useful in the treatment of stomach disorder, *rlung* disorders, loss of appetite, chronic hepatic-gastro-intestinal disorder (*badkan.smugpo*) characterised by simultaneous imbalance of three humours and blood.

སོ་ནམ་འཁོར་ལོ།

*so.nam.'khor.lo*
sonam khorlo
The wheel of agriculture

སོ་ཕག

*so.phag*
so fak
Brick

སོ་བ།

*so.ba*
so wa
Barley, unhusked grain
Botanical Name: Hordeum Hexasticum Vulgare
Uses: It is recommended for phlegm and bile disorders and removes pain, stones, as well as helps in the delivey of a child.

སོ་བྱའི་སྒྲོ།

*so.bya'i.sgro*
so jey do
Heron, Anser sp. (feathers of black goose)

སོ་མ་ར་ཛ།

*so.ma.ra.dza*
so ma ra za
Botanical Name: Psoralea Corylifolia
Taste: Astringent to bitter to slightly hot
Potency: Warm
Uses: It is useful in the treatment of vitiligo, skin diseases, arthritis, fungal disorder, serum diseases, frequent urination, excessive perspiration and impotency.

སོ་མ་སེང་གེ

*so.ma.seng.ge*

soma seng gey
A concentrated medicinal paste derived from Indian Mulaseta flower
It is believed that all the five elements are contained in it in equal proportion.

སོ་རྩ།

*so.rtsa*
so tsa
Blood letting vessels of the teeth

སོ་རུལ་པ།

*so.rul.pa*
so rul pa
Tooth decay
A condition characterised by disintegration of tooth

སོ་ལོ་སྔོན་པོ།

*so.lo.sngon.po*
so lo ngon po
English Name: Green pepper
Taste: Sweet
Potency: Cool
Uses: It is beneficial in the treatment of piles, oedema, diseases due to serous fluid and micro-organism, tumours and cancerous growth.

སོ་སེན་ཕྱུང་།

*so.sen.phyung*
so sen chung
Falling of teeth and nails
It is an evident symptom of bone tissue consumption.

སོ་སོར་ཐར་པ།

*so.sor.thar.pa*
so sor thar wa
Liberation (total freedom from Samsara)

སོག་ཀ་པ།

*sog.ka.pa*
so ka pa
Botanical Name: Capsella-bursa pastoris
Taste: Sweet and hot
Potency: Neutral
Uses: It is used to treat kidney, lung, and nerve disorders, fluid retention in the body and to control vomiting.

སོག་པ།

*sog.pa*
sokpa
Scapla, scapulae

སོག་མ།

*sog.ma*
sokma
Blade of grass

སོག་རུས།

*sog.rus*
sokrue
Collar bones

སོག་ལེ།

*sog.le*
sokle
Saw

སོར་གང་།

*sor.gang*
sor gang
Breadth of one finger
It is a measure of length used in Tibet and one *Sor* refers to the breadth of one finger.

སོར་མོ།

*sor.mo*
sormo
Fingers

སོར་མོ་ལྔ་།

*sor.mo.lnga*
sormo nga
The five fingers
1. *Mthe.bong*-thumb
2. *Mdzub.mo*-index finger
3. *Gung.mo*-middle finger
4. *Srin lag*-ring finger and
5. *Mthe'u.chung*-the little finger.

སོལ་བ།

*sol.ba*
sol wa
Charcoal

སོལ་དུད་འཁྱུད་གསུམ།

*sol.dud.'khyud.gsum*
sol du khyue soom
A collective name for coal, smoke and embrace
A term used in Tibetan almanac meaning: Coal-past, smoke-future and embrace-present.

སོས་ཀ།

*sos.ka*
soe ka
Dry summer months – 4th and 5th Tibetan lunar months, a time of *rlung* accumulation and *Bad kan* pacification

སྲ་འབྲས།

*sra.'bras*
sa dey
Hindi Name: Jamun/ jambava,
English Name: Rose apple
Botanical Name: Syzygium cumini
Uses: It cures renal disorders.

སྲང་།

*srang*
sang
Libra; one of the twelve zodiac signs and is symbolized by a balance.

སྲད་དཀར།

*srad.dkar*
sey kar
Botanical Name: Oxytropis ochrantha
Taste: Sweet
Potency: Warm
Uses: It is used to treat dropsy and retention of fluid in the body, swelling, poisoning by herbs, spleen disorders and colic pain.

སྲད་སྔོན།

*srad.sngon*
sey ngon
Astragalus pastovius Tsai et. Yü.

སྲད་ནག

*srad.nag*
sey nak
Oxytropi subpodooba P.C. Li.

སྲད་དམར།

*srad.dmar*
sey mar
Hedysarum sikkimense Benth ex. Baker

སྲད་སྨུག

*srad.smug*
sey muk
Gueldenstaedtia himalaica Baker

སྲད་སེར།

*srad.ser*
sey ser
Astragulus Yunnanensis Franch Var. tatsiensis (Bur et. Frang) cheng f.

སྲན་ཆུང་ལེབ་མོ།

*sran.chung.leb.mo*

sen chung lab mo
Hindi Name: Masur Dal
English Name: Lentil (light pink lentil)
Botanical Name: Lens culinarus Medik
Family: Leguminosae
Taste: Astringent and sweet
Potency: Warm
Uses: It increases all the three humours, but treats piles.
A paste of this dal treats erysipelas, gout and blood disorders.

སྲན་ཆེན་དཀར་པོ།

*sran.chen.dkar.po*
sen chen kar po
English Name: Soyabean
Botanical Name: Glycine max (L.)
Family: Leguminosae
Taste: Sweet
Potency: Neutral
Uses: It treats *rlung* disorders, poisoning, water retention in the body and promotes physical strength and bodily constituents.

སྲན་ཕུབ།

*sran.phub*
sen fub
Peas-straw, skin of bean

སྲན་མ་རིལ་མོ།

*sran.ma.ril.mo*
sen ma ril mo
English Name: Pea
Botanical Name: Pisum sativum
Taste: Sweet
Potency: Cool
Uses: It helps gather toxins and treats *mkhris-pa* disorders, wounds and pimples.

སྲམ།

*sram*
sam
Ottar, iguana (Lutra lutra)

སྲི།

*sri*
see
Evil spirit; a malignant spirit born of a dead person resurrected in their previous locality who create trouble in the vicinity

སྲི་གནོན།

*sri.gnon*
see non

Exorcism; a type of tantric ritual to capture, bury and burn a malignant spirit

སྲིད་པ།

*srid.pa*
see pa
Samsara; cyclic existence

སྲིད་པའི་བྱང་སེམས་དཀར་པོ།

*srid.pa'i.byang.sems.dkar.po*
si pey jang sem karpo
Calcite *(:ong zhi)*

སྲིད་པའི་བྱང་སེམས་དམར་པོ།

*srid.pa'i.byang.sems.dmar.po*
si pey jang sem marpo
Bitumen *(brag.zhun)*

སྲིད་པའི་རྩ།

*srid.pa'i.rtsa*
si pey tsa
The channel of existence upon which the senses, physical form and the soul depend upon

སྲིད་པ་སུམ་ཅུ་རྩ་གཅིག

*srid.pa.sum.cu.rtsa.gcig*
si pey soom chu tsa chik
The thirty one existences

The four formless realms, the sixteen realms of form and eleven realms of desire

སྲིད་པ་ཧོའི་ཕྱག་རྒྱ།

*srid.pa.ho'i.phyag.rgya*
si pa hoc chak gya
Seal of the *Srid.pa.ho*

སྲིད་རྩེ།

*srid.rtse*
si tse
Summit of the world

སྲིན།

*srin*
sin
Organism

སྲིན་ཐོར།

*srin.thor*
sin thor
Acne – a kind of skin disease provoking pimples with white and black heads

སྲིན་ནད།

*srin nad*
sin ney
Disorders caused by micro-organisms

སྲིན་པོ།

*srin.po*
sin po
Skt. Raksasa, Cannible, Orgre
It is a kind of evil spirit which survives on meat.

སྲིན་བུ།

*srin.bu*
sin bu
Parasite

སྲིན་བུའི་དུག

*srin.bu'i.dug*
sin bue duk
Insect poisoning

སྲིན་བུ་པད་མ།

*srin.bu.pad.ma*
sin bu pey ma
Leech
It is a creature that sucks blood in place of performing venesection.

སྲིན་ལག

*srin.lag*
sin lak
Ring finger

སྲིན་ལག་རྒྱབ་རྩ།

*srin.lag.rgyab.rtsa*
sin lak gyab tsa
Minor dorsal blood letting vessels of the ring finger

སྲིན་ལོང་།

*srin.long*
sin long
Descending colon

སྲིན་ཤིང་སྣ་མ།

*srin.shing.sna.ma*
sin shing nama
Botanical Name: Daphne tangutica Maxim
Taste: Sweet to bitter
Uses: It restores digestive heat and remedies many germ caused disorders..

སྲིན་ཤིང་ལོ་མ།

*sring.shing.lo.ma*
sinshing loma
Morus alba Linn (leaves)

སྲུག་པ།

*srug.pa*
suk pa
Platycodon Grandiflorum A.DC.

སྲུང་འཁོར།

*srung.'khor*
soong khor
Wheel of Protection

སྲུང་མདུད།

*srung.mdud*
soong due
Protection cord.

སྲུང་མ།

*srung.ma*
soong ma
Guardian deities/Protective deities

སྲུབ་ཀ།

*srub.ka*
sub ka
Botanical Name: Anemone rivularis
Taste: Bitter and hot
Potency: Warm
Uses: It restores weak digestive heat of the stomach, indigestion, treats tumours of cold nature, pathogenic diseases, poisoning caused by snake bite, ruptured wounds and accumulation of excess serous fluids.

སྲུལ་མོ།

*srul.mo*
sulmo
Demoness of decomposition

སྲུལ་མོ་ལོང་བ།

*srul.mo.long.ba*
sul mo long wa
Blind demoness of decomposition

སྲུས་ཐུག

*srus.thug*
sue thuk
Barley broth, soup of unripe barley (Hordeum Vulgare)
Unripe barley broth constipates and deteriorates the digestive heat.

སྲེ་ད།

*sre.da*
se da
Blackened wild barley (Hordeum spontaneum C. koch).
Uses: It dispels phlegm and bile disorders.

སྲེ་ལོང་།

*sre.long*

se long
Calcaneus (Calcanum bones)

སྲེག

*sreg*
Sek
Cauterization, moxibustion

སྲེག་པའི་སྦྱོར།

*sreg.pa'i.sbyor*
sek pey jor
The burning combination
It refers to the meeting of earth and fire element on a same day i.e. the element of the daily planet (weekday) and the element of the constellation (moon constellation).

སྲེད་པ།

*sred.pa*
sey pa
Craving

སྲོ་མ་ནག་པོ།

*sro.ma.nag.po*
so ma nag po
Botanical Name: Cannabis sativus Linn
Taste: Sweet
Potency: Neutral
Uses: It is beneficial in treating *rlung* disorders, constipation, insomnia, pain, cancers, impotency and weak eye-sight.

སྲོ་ལོ་དཀར་པོ།

*sro.lo.dkar.po*
solo karpo
Botanical Name: Solms-Laubachia sp.
Taste: Sweet
Potency: Cool
Uses: It is used to treat hot disorders of the lungs, turbid fever, infectious fever and wounds.

སྲོ་ལོ་དམར་པོ།

*sro.lo.dmar.po*
solo marpo
Botanical Name: Rhodiola sp.
Taste: Sweet to bitter to astringent
Potency: Cool
Uses: It is used to treat hot disorders of the lungs, infectious common cold accompanied by fever, ruptured pulmonary capillaris, bad breath, fetid body ordour and improves physical strength.

### སྲོ་ལོ་སྨུག་པོ།

*sro.lo.smug.po*
solo mukpo
Botanical Name: Solms-laubachia earycarpa (Maxim) Botsch
Taste: Hot to Sweet
Potency: Cool
Uses: It cures hot disorders of the lungs, epidemic fever and cough due to cold disorders.

### སྲོ་ལོ་བཞི་ཐང་།

*sro.lo.bzhi.thang*
solo shi thang
Rhodiola Four Decoction
Ingredients: *sro.lo.dkar.po, shing.mngar, rgya.skyegs, ga.dur*
Nature: Cool
Uses: A compound which treats pneumonitis, chest pain and coughing of sputum.

### སྲོ་ལོ་སྲུག་འདྲ།

*sro.lo.srug.'dra*
solo suk da
Botanical Name:
Phaeonychium Parryoides
Taste: Slightly hot to sweet
Potency: Cool
Uses: It is used to treat hot disorders of the lungs and other lung disorders, turbid fever, infectious fever and wounds.

### སྲོག་སྐར།

*srog.skar*
sog kar
Constellation of the life-force

### སྲོག་གཅོད་ནད་དགུ།

*srog.gcod.nad.dgu*
sok choe ney goo
The nine fatal diseases

1) *tsho.ba.gsum.zad*- Exhausation of the three factors supporting life
2) *'du.ba.gshed.du.babs*- Increase of the humours regardless of medication
3) *sbyor.ba.mtshungs*-Acute disorders due to treatment being identical to the nature of the disease
4) *gnad.du.babs.pa*-Disorders or wounds affecting the vulnerable or vital organs of the body
5) *dus.'das.rlung.nad.srog.rten.chad.pa*-Chronic wind disorder in which the life force *rlung (bdu.ma)* is lost

6) *tsha.ba.la.'das*-Fever which is beyond treatment
7) *grang.ba.gting.'khar.ba*-A cold disorder which has fallen below its recovery limit
8) *zungs.kyi.mi.thub*-Body becoming too weak to respond to medicine or the treatment
9) *rnam.par.'tshe.ba*-Life force (*srog*) and soul (*bla*) stolen by harmful evil spirits

སྲོག་ཆགས།

*srog.chags*
sok chak
Animals

སྲོག་ཆགས་སྨན།

*srog.chags.sman*
sok chak men
Medicines compounded from animal products

སྲོག་པ་རྩ།

*srog.pa.rtsa*
sok pa tsa
Life channels
It includes both blood vessels of the central nervous and circulatory system.

སྲོག་རྩ་དཀར་ནག

*srog.rtsa.dkar.nag*
sok tsa kar nak
Black and white life-sustaining veins; black vein is associated with heart and carries blood and the white vein is associated with brain and carries wind

སྲོག་རྩ་ནག་པོ།

*srog.rtsa.nag.po*
sok tsa nakpo
The black life channels

སྲོག་འཛིན།

*srog.'dzin*
sok zin
Holder of life

སྲོག་འཛིན་བཅུ་གཅིག

*srog.'dzin.bcu.gcig*
sok zin choo chik
Eleven holders of life compositions
Ingredients: *ar.nag, za.ti, snying.zho.sha, cu.gang, spos.dkar, ru.ta, a.ru.ra, na.ga.ge.sar, li.shi, 'brong.snying, shing.kun*
Potency: Warm
Uses: A compound which treats mental instability, loss

of speech ability, severe pain in the heart, breast and the liver.

སྲོག་འཛིན་རླུང་།

*srog.'dzin.rlung*

sok zin loong

The life-sustaining energy

*Location:* Crown of the head

*Element:* Water

*Actions:* To form a link between the life (life force) and the body

It runs from the pharynx down to the end of the esophagus and helps in swallowing of foods and drinks, respiration, spitting, sneezing, eructation and clears perception of sense organs as well as helps retention of memory.

སྲོག་བསླུ།

*srog.bslu*

sok lu

A ransom of the vital principle

སྲོག་ལྷ།

*srog.lha*

sok lha

Deity of the life-force

སྲོད།

*srod*

soe

Evening twilight; a time of phlegm manifestation

སྲོལ་གོང་སྨུག་པོ།

*srol.gong.smug.po*

sol gong mook po

Botanical Name:

Syncalathium haulaguchi (kitam) Ling

Taste: Bitter

Potency: Cool

Uses: It is useful in the treatment of fractured and cracked bones, pain in the upper back, empty fever, headache, throat diseases, serum disorder of limbs and fever due to poisoning.

སྲོལ་གོང་སེར་པོ།

*srol.gong.ser.po*

sol gong serpo

Botanical Name: Sorosesis hookeriana

Taste: Bitter

Potency: Cool

Uses: It is used to treat fractured and cracked bones, pain in the upper back, empty

fever and fever due to poisoning.

བསྲོ་བ།

*bsro.ba*
so wa
Heat theraphy

སླ་ངའི་དྲེག་པ།

*sla.nga'i.dreg.pa*
la nge dek pa
Soot from an iron pan

སླེ་འཇམ།

*sle.'jam*
ley jam
A mild enema, in which the medicine is inserted through rectum (for wind disorders)

སླེ་ཏྲེས།

*sle.tres*
ley tey
Hindi Name: Guduchi/ Guchi
Botanical Name: Tinospora Cordifolia
Taste: Sweet to bitter to astringent
Potency: Neutral
Uses: It balances the three principal energies (*rlung, mkhris.pa* and *bad.kan*), subside fever associated with *rlung*, unripe and infectious fever, relieves inflammation and pain in the joints due to arthritis, gout and chronic fever.

སླེ་ཏྲེས་ལྔ་ཐང་།

*sle.tres.lnga.thang*
le tey nga thang
Tinospora Cordifolia five decoction
Ingredients: *sle.tres, a.ru, ba.ru, skyu.ru, brag.zhun*
Nature: Cool
Uses: It is used to treat initial stage of rheumatoid arthritis and is an anti-inflammatory.

སློང་རྐྱེན།

*slong.rkyen*
long ken
Causative factors (conditions that give rise to illness):
1) *dus*-seasonal changes
2) *gdon*-harmful evil spirits
3) *zas.skom.mi.thun.bsten.pa*-reliance on unwholesome food and beverage
4) *spyod.lam.log.pa*-improper lifestyle.

གསང་སྔགས།

*gsang.sngags*
sang ngak
Secret mantra; syn. of *rgyud* (Tantra)

གསང་བདག

*gsang.bdag*
sang dak
Skt. Guhyapati, syn. Vajrapani (*phyag.dor)*

གསང་བདག་གི་སྔགས།

*gsang.bdag.gi.sngags*
sang dak gi ngak
The mantra of Vajradhara

གསང་གནས་བདེ་སྐྱོང་འཁོར་ལོ།

*gsang.gnas.bde.skyong.'khor.lo*
sang ney dekyong khorlo
The Wheel of Bliss-guarding
This chakra is located at the genitals, and is associated with the water element and sense of taste. Taste here not only refers our gustatory sense but taste in the metaphoric sense as well. This wheel relates to desire and sexual urge more than any other centers. It has thirty two branch channels.

གསང་བ།

*gsang.ba*
sang wa
Secret

གསང་བའི་དུས་འཁོར།

*gsang.ba'i.dus.'khor*
sang wey due khor
The secret Kalachakra

གསང་བའི་འབྱུང་བ་ལྔ་།

*gsang.ba'i.'byung.ba.lnga*
sang wey joong wa nga
The five secret elements
It refers to the working of the energy of the elements, both on the internal and external levels There are:

1) Wood–Liver and gall bladder,
2) Fire–Heart and small intestine
3) Earth–Spleen and stomach,
4) Metal–Lungs and large intestine
5) Water–Kidney, seminal vesicle and urinary bladder

གསའ།

*gsa'*

sa
Snow Leopard, Ounce (Unica Unica shreber)

གསལ་པོ་ཤར་བ།

*gsal.po.shar.ba*
sel po shar wa
Clear appearance

གསུང་།

*gsung*
soong
Speech

གསུང་སྤྲུལ།

*gsung.sprul*
soong tul
Emanation of Buddha's speech

གསུང་འབུམ།

*gsung.'bum*
soong boom
Collected works, lit. hundred thousand proclamations

གསུང་མཛད།

*gsung.mdzad*
soong zey
Expositor, the one who teaches

གསེར།

*gser*
ser
Hindi Name: Sona
English Name: Gold
Scientific Name: Aurum
Taste: Astringent
Potency: Cool
Uses: It prolongs lifespan, prevents aging, acts as an antidote to gem poisoning. It is also beneficial in controlling glandular fever and abscess and repels evil spirits.

གསེར་སྐུད།

*gser.skud*
ser kue
Botanical Name: Lethariella sornonderi
Taste: Bitter
Potency: Cool
Uses: It is used for treating hot disorders of the lungs, liver, nerves and fever due to poisoning.

གསེར་ཁབ།

*gser.khab*
ser khab
Golden needle
A needle used in theraphy which cures vertigo, dizziness

due to hypertension, epilepsy, paralysis and hysteria, insomnia, depression, irritability etc.

## གསེར་གྱི་ཕུད་བུ།

*gser.gyi.phud.bu*
ser gyi fue bu
Botanical Name: Thladiantha Cordifolia
Taste: Bitter
Potency: Cool to coarse
Uses: It is useful for treating poisoning, diseases of the serous fluid, *mkhris.pa* disorders and used as an emetic against *mkhris.pa.*

## གསེར་གྱི་བྱེ་མ།

*gser.gyi.bye.ma*
ser ki jema
Scientific Name: Vemiculitum
Taste: Sweet
Potency: Warm
Uses: It cures disorders of the renal system, clears urinary tract obstructions and effective in thetreatment of disorders of the nervous system.

## གསེར་གྱི་མེ་ཏོག

*gser.gyi.me.tog*
ser ki metok
Hindi Name: Beej karela
Botanical Name: Herpetospermum peduncula
Taste: Bitter
Potency: Cool
Uses: It treats excess secretion of bile fluid, fever associated with infection of the stomach and the intestine and is an excellent remedy in the prevention and treatment of *mkhris-pa* disorders..

## གསེར་ཏིག

*gser.tig*
ser tik
English Name: Golden gentian
Botanical Name: Erysimum longisiliquum
Taste: Bitter
Potency: Cool to coarse
Uses: It is useful in the treatment of blood and bile disorders, infectious fever and head ache.

## གསེར་ཏིག་དམན་པ།

*gser.tig.dman.pa*
ser tik men pa
Inferior golden gentian (swertia sp.)

གསེར་ཏེལ།

*gser.tel*
ser tel
Golden hammer; an instrument used in moxibustion; which cures impaired digestive heat, tumours, accumulation of serous fluids in the joints, swelling, body ache, vertigo, insanity, epilepsy, paralysis, and is especially effective against wind disorders. But it is prohibited against bile inflammations and in genital area.

གསེར་ཐལ།

*gser.thal*
ser thel
Golden ash
Uses: It promotes longevity, cures glandular fever, abscess, oxides poison and used as rejuvenation.

གསེར་མདུང་།

*gser.mdung*
ser doong
Lit. Golden spear
It refers to a vein located one *tshun* from Ajna Chakra (*dpral.ba'i.khor.lo*) to the sides and four fingers breadth upwards.

གསེར་མདོག

*gser.mdog*
ser dok
Lit. Golden colour
It refers to yellow-coloured Terminalia chebula.

གསེར་མདོག་ལྔ་པ།

*gser.mdog.lnga.pa*
ser dok nga pa
Golden colour five
Ingredients: *a.ru, se.'bru, gser.me, brag.zhun, gar.nag*
Nature: Warm
Uses: A compound which cures *mkhris pa* and *rlung* combined diseases, dyspepsia and yellow sclera.

གསེར་མདོག་བཅུ་གཅིག

*gser.mdog.bcu.gchig*
serdok chu chik
Golden colour eleven
Ingredients: *gser.mdog, se.'bru, skyu.ru, dug.nyung, dza.ti, gser.me, brag.zhun, zi.ra.dkar.po, gur.gum, ru.rta, se.ba'i.me.tog*
Nature: Slightly warm
Uses: A compound which is used against micro-

organisms, headache due to *bad.kan* and *mkhris.pa*, cholelithiasis, indigestion, yellow sclera and sinusitis.

གསེར་རྡོ།

*gser.rdo*
ser do
English Name: Gold stone
Scientific Name: Chalcopyrite
Taste: Sweet
Uses: It heals fractured bones, poisoning, nervous disorders and excessive lymphatic fluid secretions.

གསེར་བྱེ།

*gser.bye*
ser jey
Vermiculitum
Uses: It heals kidney disorders, urine retention, oedema and fractured bone.

གསེར་རྩ་ཀ་མདུང་།

*gser.rtsa.ka.mdung*
ser tsa ka doong
Golden pillar vein (a vein located on feet)

གསེར་རྩིས།

*gser.rtsis*
ser tsi
Golden Astrology

གསེར་ཞུན།

*gser.zhun*
ser shoon
Gold pitch, Gold bitumen (which has reddish yellow colour)

གསེར་ཟིལ།

*gser.zil*
ser zil
Scientific Name: Pyritum
Taste: Astringent to bitter
Uses: It heals disorders of bone and returns them to their natural tone and radiance.

གསོ་དཀའ་བ།

*gso.dka'.ba*
so kawa
Difficult to treat or cure

གསོ་ཐབས།

*gso.thabs*
so thab
Therapeutic means; Therapeutic techniques or methods

གསོ་ཐབས་དངོས།

*gso.thabs.dngos*
sothab ngoe
Direct therapeutic techniques, which is explained in 30th chapter of The Explanatory Tantra

གསོ་ཐབས་གཉིས།

*gso.thabs.gnyis*
so thab nyi
Two healing techniques (Methods for gaining and losing weight)

གསོ་ཐབས་མེད་པ།

*gso.thabs.med.pa*
so thab mey pa
Lack of means of administering treatment

གསོ་ཐབས་ཡོད་པ།

*gso.thabs.yod.pa*
so thab yoe pa
Means of administering available treatment

གསོ་དཔྱད་འབུམ་པ།

*gso.dpyad.'bum.pa*
so chey boom pa
Hundred thousand verses of medical theraphy

གསོ་བ།

*gso.ba*
so wa
To heal, to recuperate

གསོ་བ་རིག་པ།

*gso.ba.rig.pa*
sowa rik pa
The science of healing

གསོ་བྱེད་ཐབས་ཀྱི་རྩ་བ།

*gso.byed.thabs.kyi.rtsa.ba*
sojey thab ki tsawa
The root of the therapeutic methods

གསོ་སྦྱོང་།

*gso.sbyong*
so jong
Bi-monthly confession and restoration ceremony of monks and nuns as prescribed by Buddha

གསོ་ཚམ།

*gso.tsam*
so tsam
Barley treatable

གསོ་ཚུལ་དགུ།

*gso.tshul.dgu*
so tsul goo
The nine particular therapeutic principles; the nine ways of treatment

གསོ་ཚུལ་སྤྱི།

*gso.tshul.spyi*
so tsul chi
General healing techniques

གསོ་རིག་ཤེར་རྟོགས་རིག་པ།

*gso.rig.sher.rtogs.rig.pa*
sorik shertok rikpa
Philosophy of medicine

གསོ་སླ་བ།

*gso.sla.ba*
so lawa
Easy to cure, curable

གསོལ་བ་འདེབས་པ།

*gsol.ba.'debs.pa*
sol wa deb pa
Requesting, to make special prayer of wishes

བསམ་ཁྱུང་།

*bsam.khyung*
sam khyung
Wish-fulfiling Garuda
Ingredients: (See. *bsam.nor* + *khyung.nga*)
Nature: Cool
Uses: A compound which treats neuritis, gout, arthritis, sciatica, numbness, acute neuralgia, stiffness and contraction of limbs.

བསམ་གཏན།

*bsam.gtan*
samten
Meditation, trance

བསམ་པ།

*bsam.pa*
sampa
Spirit, thought, idea, view

བསམ་པའི་སྟོབས།

*bsam.pa'i.stobs*
sam pey tob
Power of reflection

བསམ་པའི་ལས།

*bsam.pa'i.las*
sam pey ley
Deliberative action

བསམ་འཕེལ་ནོར་བུ།

*bsam.'phel.nor.bu*
samphel norbu
Wish-fulfiling Jewel
Ingredients: *cu.gang, gur.gum, li.shi, dza.ti, sug.smel, ka.ko.la, tsan.dan.dkar, tsan.dan.dmar, a.gar.nag, gla.rtsi, ghi.wam, mu.tig, bse.ru, a.ru, ba.ru, skyu.ru, zi.ra.dkar, zi.ra.dmar, pi.ling, sga.dmar, shing.tsha, spos.dkar, thal.rdor, so.ra, ma.nu, ru.rta, shing.mngar, sa.dzin, gser.bye, sdig.pa*
Nature: Slightly cool
Uses: It is used against neuritis, gout, sciatica, arthritis, chronic skin diseases, stiffness and contraction of limbs.

བསམ་གཞིགས་ཀྱི་གཏན་ཚིགས།

*bsam.gzhigs.kyi.gtan.tshigs*
sam zhig ki ten tsik
Logic of thinking

བསམ་བསེའུ།

*bsam.bse'u*
sam se voo
Vesicle of regenerative substances, Seminal vesicle (Ovary)

བསམ་སེའི་ཆུ་རྩ་ཕྲན་བུ།

*bsam.se'i.chu.rtsa.phran.bu*
sam sey chu tsa ten boo
Minor water channels of seminal vesicle

བསིལ་གྲིབ།

*bsil.grib*
sil dib
Shade

བསིལ་ས།

*bsil.sa*
sil sa
Cool place (where patient having *mkhris-pa* disorder are advised to stay)

བསིལ་སྦྱོར་ཐལ་བ།

*bsil.sbyor.thal.ba*
sil jor thel wa
Excessive medication of cool potency

བསེ་སྤུར།

*bse.spur*
se poor
Tibetan cockroach ( Blatta orientalis Linn)

Uses: It is beneficial in the treatment of septic fever and acts as an anti-spasmodic.

### བསེ་མོག

*bse.mog*
se mok
Veneral diseases (sexually transmitted)

### བསེ་ཡབ།

*bse.yab*
se yab
Hindi Name: Sabe
English Name: Bengal quince
Botanical Name:
Chaenomeles speciosa
Taste: Sour to sweet
Potency: Cool
Uses: It is useful in treatment of *bad.kan.smug.po,* chronic disorders of the stomach, indigestion and is beneficial against ear disorders.

### བསེ་ཡབ་མཆོག

*bse.yab.mchog*
se yab chok
English Name: Superior Chinese Quince
Botanical Name:
Chaenomeles Sinensis Koehne

### བསེ་ཡབ་དམན་པ།

*bse.yab.dman.pa*
se yab men pa
English Name: Inferior Tibetan Quince
Botanical Name:
Chaenomeles Sp.

### བསེ་རུ།

*bse.ru*
seru
Rhinoceros sp.

### བསེ་རུའི་ར་ཅོ།

*bse.ru'i.ra.co*
se rue ra chok
Horn of Rhinoceros
Uses: It is beneficial in the treatment of formation of pus, blood and lymph in the chest and stomach.

### བསེན་མོ།

*bsen.mo*
senmo
Obsessive female spirit

### བསེར་བུས་བུས་པ།

*bser.bus.bus.pa*
ser bue buepa

Exposure to cold winter or breeze

བསོད་ནམས།

*bsod.nams*
sonam
Merits, Skt. punya

བསོད་ནམས་ཀྱི་ཚོགས།

*bsod.nams.kyi.tshogs*
sonam ki tshok
Accumulation of merits
Any positive action motivated by the great Bodhicitta heart

# ཧ།

ཧ་བོ།

*ha.bo*
hawo
A synonym for Rubia cordifolia L (*btsod).*

ཧ་རི་ཏ་ཀ།

*ha.ri.ta.ka*
hari taka
A synonym for a type of Terminalia chebula Retz. called *a.ru.gser.mdog*

ཧ་རེ་ནུ་ཀ།

*ha.re.nu.ka*
harey nuka
A synonym for Phoenix dactylifera L. (*'bra.go).*

ཧ་རེས་ནུས།

*ha.res.nus*
harey nue
A synonym for Phoenix dactylifera L. (*ma.nu.rta.skam).*

ཧ་ལ།

*ha.la*
hala
Aconitum kusnezoffii Rehb.

ཧ་ལ་ཧ་ལ།

*ha.la.ha.la*
hala hala
A synonym for Aconitum richardsonianum Lauener var. crispulum W.T. Wang (*bong.nag*)

ཧ་ལོ།

*ha.lo*
halo
Skt. Name: Gul khera
Botanimal Name: Althea rosea

ཧ་ལོ་དཀར་པོ།

*ha.lo.dkar.po*
halo karpo
Botanical Name: Alcea rosea L.
Taste: Sweet and hot
Potency: Neutral
Uses: See *(mdog.ldan.pho.lcam)*

ཧ་ལོ་དམར་པོ།

*ha.lo.dmar.po*
halo marpo
Malva sinensis caven

ཧ་ཤིག

*ha.shig*
ha shik
English Name: Talc, Talcum
Scientific Name: Alabaster
Taste: Sweet
Uses: It purges channel disorders and is recommended for neurological diseases and wounds.

ཧ་ཤིག་དཀར་པོ།

*ha.shig.dkar.po*
ha shik kar po
White Talc (Alabaster)
Taste: Sweet
Potency: Cool
Uses: See *(Ha.shig)*

ཧ་ཤིག་སྔོན་པོ།

*ha.shig.sngon.po*
ha shik ngon po
Blue Talc (Alabaster)
Taste: Sweet
Potency: Cool
Uses: See *(Ha.shig)*

ཧ་ཤིག་དམར་པོ།

*ba.shig.dmar.po*
ha shik mar po
Red Talc (Alabaster)
Taste: Sweet
Potency: Cool
Uses: See *(Ha.shig)*

ཧིང་ལི།

*bing.li*
hingli
A synonym for Curcuma longa L. *(yung.ba)* in the language of Khrom.

ཧེ་རུ་ཀ།

*be.ru.ka*
heruka
A synonym for Acorus calamus *(shu.dag.nag.po)*.

ཧོང་ལེན།

*bong.len*
hong len
Hindi Name: Kutki/Katuka
Botanical Name: Lagotis Kunawurensis
Taste: Bitter
Potency: Cool
Uses: It is useful in the treatment of hot disorders of the liver, lungs, small intestine, blood, disturbed fever, inflammations and helps purification of the blood.

ཧོང་ལེན་མཆོག

*hong.len.mchog*
honglen chok
The superior picrorhiza kurroa
Taste: Bitter
Potency: Cool
Uses: It dries up impure blood, sudside disturbed fever and fever of vital organs.

ཧོང་ལེན་དམན་པ།

*hong.len.dman.pa*
hong len men pa
Lagotis sp. (inferior kind)
Taste: Bitter
Potency: Cool
Uses: See *(Hong.len.mchog)*

ཧོར་གྱི་མེ་བཙའ།

*hor.gyi.me.btsa'*
hor gyi me tsa
Mongolian method of cauterization
A therapy in which, Carum carvi Linn is wrapped in cloth, immersed in hot oil and

used as a compress at various *rLung* points.

ལྷ།

*lha*
lha
Skt. Deva, Mundane gods

ལྷ་ཁང་གུར་གུམ།

*lha.khang.gur.gum*
lhakhang gurgum
A synonym of *a.byag.gzer.'joms* (Chrysanthemum tatsinensis But. et. Franch)

ལྷ་འཁོར།

*lha.'khor*
lha khor
Retinue of the gods

ལྷ་སྒྲུང་ཤེར་རྟོགས་རིག་པ།

*lha.sgrung.sher.rtogs.rig.pa*
lha dung shertok rikpa
Philosophy of myth

ལྷ་ང་།

*lha.nga*
lha nga
Patella, knee cap

ལྷ་ཆེན།

*lha.chen*
lhachen
Skt. Mahadeva (the great god)

ལྷ་ཆེན་བརྒྱད།

*lha.chen.brgyad*
lhachen gey
Eight great gods; eight lords
1) *dbang.phyug*-Isvara
2) *brgya.byin*-Indra
3) *tshangs.pa*-Brahma
4) *khyab.'jug*-Visnu
5) *'dod.pa'i.dbang.phyug*-Kamadeva
6) *tshogs.bdag*-Ganesha
7) *bhing.gi.ri.rdi*-Bhrmgiriti
8) *gzhon.nu.gdong.drug*-Sadmukhakumara

ལྷ་ཆེན་མ་ཧ་དེ་ཝ།

*lha.chen.ma.ha.de.wa*
lhachen mahadeva
A secret name for mercury (*dngul.chu*). It got the name from the myth that it originated from the semen of the great Lord Shiva.

ལྷ་རྗེ།

*lha.rje*
lha je

The divine doctors
A synonym of *sman.pa* (physicians)

ལྷ་གནས།

*lha.gnas*
lha ney
Abode of the gods

ལྷ་བསྙོལ་བ།

*lha.bsnol.ba*
lha noel wa
Disputation with a deity

ལྷ་བུའི་ཁམས།

*lha.bu'i.khams*
lha bue kham
Calcite
It is a synonym of *cong.zhi*

ལྷ་དབང་ཕྱུག

*lha.dbang.phyug*
lha wangchuk
Skt. Mahadeva

ལྷ་འབྲུམ།

*lha.'brum*
lha doom
Small-pox

ལྷ་མིན།

*lha.min*
lha min
Skt. Asura, antigods, a lower level of gods who experience continuous jealousy, fighting and warfare

ལྷ་མིན་ཁྲག

*lha.min.khrag*
lha min tak
Allium Sativum L.
It is a synonym of *gogs.skya*

ལྷ་མིན་དགྲ།

*lha.min.dgra*
lha min da
Hollarrhena antidysenteriaca Wall ex. A.DC.
A synonym for *dug.mo.nyung*

ལྷ་མིན་བུ།

*lha.min.bu*
lha min bu
It is a synonym of *mtshal* (cinnabar)

ལྷ་མོ།

*lha.mo*
lhamo

Goddess

ལྷ་མོ་བདུད་རྩི་མ།

*lha.mo.bdud.rtsi.ma*
lhamo due tsi ma
The dakini who offered Terminalia chebula (*a.ru.rnam.rgyal*) to the king of medicine.

ལྷ་མོ་བརྒྱད་རྩིས།

*lha.mo.brgyad.rtsis*
lhamo gey tsi
The eight goddesses of calculation

1) *lha.mo.'od.'bar*
2) *lha.mo.brten.ma*
3) *lha.mo.rno.dpal.ma*
4) *lha.mo.mdangs.ldan*
5) *lha.mo.char.'bebs*
6) *lha.mo.gyo.med*
7) *lha.mo.'od.ljang*
8) *lha.mo.skyed.byed*

ལྷ་མོ་དབྱངས་ཅན་མ།

*lha.mo.dbyangs.can.ma*
lhamo yangchen ma
Sarasvatidevi

ལྷ་མོའི་ཟླ་མཚན།

*lha.mo'i.zla.mtshan*
lhamo da tsen
Red lac
It is a synonym of *rgya.tshos*

ལྷ་མཚམས།

*lha.mtshams*
lha tsam
Anuradha, Scorpius
It is one of the twenty seven constellations.

ལྷ་ཞོ།

*lha.zho*
lha sho
Calamine
A synonym of *gangs.thig*

ལྷ་ཡི་མེ་ཏོག

*lha.yi.me.tog*
lhayi metok
It is a synonym of *li.shi* (Eugenia aromatica Baill)

ལྷ་ཡུལ།

*lha.yul*
lhayul
Realm of gods

ལྷ་རིགས་མི་གཅིག་ཐབས་པ།

*lha.rigs.mi.gcig.thabs.pa*
lha rik michik thab pa

Conflict amongst different groups of deities

ལྷ་རུ་རྩེ།

*lha.ru.rtse*
lharu tsey
Costal cartilages

ལྷ་ཤིང་།

*lha.shing*
lha shing
It is a synonym of *rgya.shug* (Sabina Przewalskii Kom)

ལྷ་གསོལ།

*lha.gsol*
lha sol
A incense burning ceremony

ལྷ་སྲིན་སྡེ་བརྒྱད།

*lha.srin.sde.brgyad*
lhasin de gey
Eight gods and spirits

1) *gshin.*rje-Lord of Death
2) *ma.mo*-Female-protector
3) *bdud*-Devil; demon
4) *btsan*-Mountain-dwelling spirits
5) *rgyal.po*-Principal local deity
6) *klu*-Naga
7) *gnod.sbyin*-Harmful spirits
8) *gza'*-Malignant planets

ལྷག་མཐོང་།

*lhag.mthong*
lhak thong
Superior seeing, transcendental vision; penetrative insight meditation

ལྷག་པ།

*lhag.pa*
lhakpa
1) Mercury, one of the planets
2) Extra, Excess

ལྷག་བསམ།

*lhag.bsam*
lhaksam
Resolute intention

ལྷང་འཚེར་དཀར་པོ།

*lhang.'tsher.dkar.po*
lhangtser karpo
Scientific Name: White Mica (Lepidolite)
Taste: Sweet
Potency: Warm
Uses: It is useful in treatment of cuts, wounds, brain diseases, pimples, stroke, insanity, and poisoning.

ལྷང་འཚེར་ནག་པོ།

*lhang.'tsher.nag.po*
lhang tser nagpo
Scientific Name: Black Mica (Lepidolitum)
Taste: Sweet
Potency: Warm
Uses: See *lhang.'tsher.dkar.po*

ལྷན་སྐྱེས།

*lhan.skyes*
lhen key
Innate born; innately produced

ལྷན་སྐྱེས་ཀྱི་ཉོན་མོངས་པ།

*lhan.skyes.kyi.nyon.mongs.pa*
lhen key ki nyon mongpa
Innately produced delusions

ལྷན་སྐྱེས་ལྟ་ཚུལ།

*lhan.skyes.lta.tshul*
lhen key ta tshool
Innate idea

ལྷན་སྐྱེས་རྨ།

*lhan.rkyes.rma*
lhen key ma
Endogenous ulcer or wounds

ལྷན་ཅིག་སྐྱེས་པ།

*lhan.cig.skyes.pa*
lhen chik key pa
Skt. Sahaja, Co-emergent

ལྷན་ཅིག་སྐྱེས་པའི་མ་རིག་པ།

*lhan.cig.skyes.pa'i.ma.rig.pa*
lhen chik key pey ma rik pa
Co-emergent unawareness

ལྷན་ཅིག་སྐྱེས་པའི་ཡེ་ཤེས།

*lhan.cig.skyes.pa'i.ye.shes*
lhen chik key pey ye shey
Wisdom of innate production; innately born wisdom

ལྷན་ཅིག་འབྱུང་བའི་རྒྱུ།

*lhan.cig.'byung.ba'i.rgyu*
lhen chik jung wey gyoo
Co-emergent cause; simultaneously arisen cause

ལྷན་ཅིག་བྱེད་རྐྱེན།

*lhan.cig.byed.rkyen*
lhen chik jey ken
Auxiliary condition; co-operative condition or factor

ལྷའི་སྐུ།
*lha'i.sku*
lhey koo
An image of a deity

ལྷའི་སྒྲུང་།
*lha'i.sgrung*
lhey doong
Mythology

ལྷའི་ང་རྒྱལ།
*lha'i.nga.rgyal*
lhey nga gyel
Divine pride

ལྷའི་ན་བཟའ།
*lha'i.na.bza'*
lhey naza
Auripimentum, it is a synonym of *ba.bla* (Auripimentum).
Uses: It is beneficial in the treatment of malignant glandular growths and septic wounds.

ལྷའི་རླུང་།
*lha'i.rlung*
lhey loong
Devadatta Wind
The Devadatta *rLung* Energy (Skt. devadatta; Tib. *lhas.byin*)
Location: North-east petal of the heart
Element: Water
Actions: It controls yawning reflex, which provides additional oxygen to a tired body.

ལྷུན་གྱི་གྲུབ་པར་འཇུག་པའི་ཡིད་བྱེད།
*lhun.gyi.grub.par.'jug.pa'i.yid.byed*
lhun gyi dub par jug pey yi jey
Spontaneous attention

ལྷུན་གྲུབ།
*lhun.grub*
lhundup
Spontaneously accomplished, Skt. Sahaja-siddha,

ལྷེན་སྐྲན།
*lhen.skran*
lhen ten
Epigastric tumours

ལྷེན་རུས།
*lhen.rus*
lhen rue
Xiphoid

ལྷོ།

*lho*

lho

South

ལྷོ་སྐར་བདུན།

*lho.skar.bdun*

lhokar dun

The seven southern constellations

There are: 1) *mchu*-Magha, 2) *gre*-Poorva phalguni, 3) *dbo*-Uttra phalguni, 4) *me.bzhi*-Hast, 5) *nag.pa*-Chitra, 6) *sa.ri*-Swati, 7) *sa.ga*-Vaisakha

ལྷོ་བགྲོད།

*lho.bgrod*

lho doe

Southern latitudes

The sun's south declination; the sun's movement to the south

ལྷོ་མེ་རྟ་གདོང་།

*lho.me.rta.gdong*

lho mey ta dong

South fire which resembles a horse face

ལྷོ་རྩེ།

*lho.rtse*

lho tse

South pole

ལྷོག་པ།

*lhog.pa*

lhok pa

Muscular spasms

(inflammation of muscular tissues)

ལྷོག་པའི་བདུད།

*lhog.pa'i.bdud*

lhok pey dhuey

A synonym for Oxytropis reniformis/ Oxytropis microphylla (*stag.sha*).

ཧྲེང་པོ།

*hreng.po*

Reng po

Frozen disorder; frozen tumour

# ཨ།

## ཨ་ཀྲོང་།

*a.krong*
a tong
English Name: Artemesia sp
Botanical Name: Thalictrum aquilegifolium Loeog
Taste: Sweet to bitter to hot
Potency: Cool
Uses: It cures respiratory infections resulting in excessive cough and throat infection.

## ཨ་ཀྲོང་དཀར་པོ།

*a.krong.dkar.po*
a tong karpo
Botanical Name: Arenaria Kasuensis Maxim
Taste: Sweet, bitter and hot
Potency: Cool
Uses: It is useful in the treatment of fever associated with lungs, throat and pus formation in the chest.

## ཨ་ག་རུ།

*a.ga.ru*
agaru
Skt. Name: Agaru
Hindi Name: Agar
English Name: Eagle wood, Aloewood
Botanical Name: Aquilaria agallocha
Family: Thymelaeaceae
Taste: Bitter and acrid
Potency: Smooth
Uses: It is beneficial in the treatment of carditis, fever in the life channel (*srog.rtsa*), depression, ear and eye infections, poisoning and fever.

## ཨ་གར།

*a.gar*
agar
Same as *a.ga.ru*

## ཨ་གར་གོ་སྙོད།

*a.gar.go.snyod*
agar go nyoe
Hindi Name: Kunain
Botanical Name: Cinchona sp.
Uses: It is beneficial in the treatment of *rlung* disorders associated with heart, life channel, blood vessels and cases of inflammations.

### ཨ་གར་བརྒྱད་པ།

*a.gar.brgyad.pa*
a gar gey pa
Eagle Wood Eight
Ingredients: *a.gar, dza.ti, shing.kun, kha.ru.tsha, ru.rta, a.ru, snying.zho, brag.zhun*
Nature: Warm
Uses: A compound which treats palpitation of heart, unhappiness, trembling of the body, fulling up of the upper back, insanity, insomnia, dizziness, ringing sound in the ears, pain in the liver and breast, cardic pain and *rlung* disorders associated with heart.

### ཨ་གར་བཅུ་བདུན།

*a.gar.bcu.bdun*
agar chu duen
Eagle Wood Seventeen
Ingredients: *ar.nag, a.ru, ba.ru, skyu.ru, snying.zho, mkhal.zho, sle.tres, gzer.'joms, tsher.sngon, ru.rta, li.shi, dza.ti, la.la.phud, gul.nag, sman.chen, ri.snying, bu.ram*
Nature: Neutral
Uses: A compound which treats difficulty in breathing due to blood and *rlung* disturbances, stiffness of neck and throat resulting from kidney fever spreading to the upper body, headache, heart disorders affecting the stability of mind, blood and *rlung* disorders and pain in the waist and kidney.

### ཨ་གར་བཅོ་ལྔ།

*a.gar.bco.lnga*
agar cho nga
Eagle Wood Fifteen
Ingredients: *a.gar, snying.zho, tsan.dkar, tsan.dmar, dza.ti, sro.lo.dkar.po, cu.gang, gur.gum, ma.nu, kan.ta.ka.ri, sle.tres, sga.skya, a.ru, ba.ru, skyu.ru*
Nature: Slightly cool
Uses: It treats simultaneous pain in the upper back and front due to blood and *rlung* disorders and coughing.

### ཨ་གར་ཉི་ཤུ།

*a.gar.nyi.shu*
agar nyi shu
Eagle Wood Twenty
Ingredients: *a.gar, dza.ti, snying.zho, cu.gang, spos.dkar, ru.rta, tsan.dan.dmar.po, gi.wam, li.shi, bse.yab, gur.gum, ma.nu, bse.ru, a.ru, nya.phyis.btul.ma,*

*ko.byi.la, ri.snying, sa.dzin, skyu.ru, ge.sar,*
Nature: Neutral
Uses: It cures fits, neurological disorders, hysteria, insanity, dumbness, numbness of extremities, controls spreading of fever, *rlung* and blood disorder.

### ཨ་གར་སོ་ལྔ།

*a.gar.so.lnga*
agar so nga
Eagle Wood Thirty-five
Ingredients: *ar.skya, ar.nag, a.gar.go.snyod, tsan.dkar, tsan.dmar, dza.ti, sug.smel, ka.ko.la, li.shi, cu.gang, gur.gum, a.ru, ba.ru, skyu.ru, tsher.sngon, gzer.'jom, ming.can.ser.po, hong.len, sman.chen, gul.nag, snying.zho.sha, spos.dkar, ru.rta, sro.lo.dkar.po, sga.skya, ge.sar, ko.byi.la, sum.tig, se.'bru, ma.nu, ba.sha.ka, sle.tres, kan.ta.ka.ri, 'brong.snying, gla.rtsi*
Nature: Cool
Uses: It treats *rlung* accompanied by fever and inflammation, dry cough, difficulty in breathing, insomnia, initial stage of rheumatism, dizziness, *rlung* related blood pressure, carditis, upper backache due to excess of *rlung* and blood and unlocalised pain.

### ཨ་བྱག་ཚེར་སྔོན།

*a.byag.tsher.sngon*
ajag tser ngon
Botanical Name: Meconopsis racemosa
Taste: Bitter
Potency: Cool
Uses: It is useful in the treatment of fever associated with the bone, fractured bones, relieves pain in the upper back and ribs and supports spongy cavernous.

### ཨ་བྱག་གཟེར་འཇོམས།

*a.byag.gzer.'joms*
ajag zer jom
Botanical Name:
Chrysanthemum tatsienense
Taste: Bitter
Potency: Cool
Uses: It is useful in the treatment of pain in the upper back and around the ribs, fractured bones, wounds and controls excess serous fluid.

## ཨ་བྱག་གཡུང་བ།

*a.byag.g.yung.ba*
a jag yung wa
Senecio rufus Hand-Mazz.

## ཨ་འབྲས།

*a.'bras*
a drey
Skt. Name: Amra
Hindi Name: Aam/Aamgiri
English Name: Mango (bone)
Botanical Name: Mangifera Indica
Family: Anacardiaceae
Taste: Sweet, sour and slightly astringent
Potency: Warm
Uses: It strengthens the kidneys, builds immune system, benificial for night blindness, premature wrinkling of the skin, prevents attacks of cold sinusitis and is highly recommended to people suffering from constipation. However, person having diabetes, fever and inflammation as well as obese by nature should avoid mangoes.

## ཨ་བྷི་ཁ།

*a.bhi.kha*
abhi kha
Hindi Name: Ksiri kakoli
Botanical Name: Fritillaria delavayi
Taste: Sweet
Potency: Cool
Uses: It is useful in the treatment of fractured cranial bones, diseases due to poisoning and serous fluid.

## ཨ་ཝ།

*a.wa*
awa
Botanical Name: Lloydia serotina L.
Taste: Slightly bitter
Potency: Cool
Uses: See *rtsa.a.wa*

## ཨ་ཟ་མོ།

*a.za.mo*
aza mo
Clematis Tangutica (Maxim)

## ཨ་རུ།

*a.ru*
aru
Skt. Name: Haritaki
Hindi Name: Harad

English Name: Chebulic myrobalan
Botanical Name: Terminalia Chebula
Family: Combretaceae
Taste: Astringent , bitter, sweet and slightly sour
Potency: Neutral
Uses: It is an excellent blood purifier and a good health tonic.

## ཨ་རུ་སྐེམ་པོ།

*a.ru.skem.po*
aru kempo
Dry myrobalan
Uses: It is beneficial in the treatment of *mkhris-pa* disorders in children.

## ཨ་རུ་བཅུ་པ།

*a.ru.bcu.pa*
aru chupa
Myrobalan Ten
Ingredients: *a.ru, gur.gum, sug.smel, brag.zhun, tig.ta, mkhal.zho, seng.phrom, btsod, rgya.skyegs, shug.tsher*
Nature: Cool
Uses: It is used to treat nephritis, traumatic kidneys, encircling pains in waist region, paralysed legs and intermittent urination in small quantity.

## ཨ་རུ་བཅོ་བརྒྱད།

*a.ru.bco.brgyad*
aru cho gey
Myrobalan Eighteen
Ingredients: *a.ru, gur.gum, sug.smel, brag.zhun, tig.ta, mkhal.zho, zhu.mkhan, btsod, rgya.skyegs, shug.tsher, a.'bras, sra.'bras, 'jam.'bras, gser.bye, sdig.srin, lcam.'bru, gla.rtsi, sman.chen*
Nature: Cool
Uses: It treat pain in hips and waist, sciatica, nephritis and metastasis of kidney disease to the joint.

## ཨ་རུ་མཆུ་སྙུང་།

*a.ru.mchu.snyung*
aru chu nyung
Beak-shaped myrobalan

## ཨ་རུ་འཇིགས་མེད།

*a.ru.'jig.med*
aru jigmey
The indestructible or fearless myrobalan
Uses: It is recommended against eye disorders and seizures by evil spirits.

ཨ་རུ་བདུད་རྩི།

*a.ru.bdud.rtsi*
aru due tsi
The nectar myrobalan
Uses: It is recommended to gain weight.

ཨ་རུ་བདུན་པ།

*a.ru.bdun.pa*
aru dunpa
Myrobalan Seven
Ingredients: *a.ru, bre.ga, gur.gum, mkhal.zho, dom.mkhris, shug.tsher, gla.rtsi*
Nature: Neutral
Uses: It is beneficial in treatment of trauma and proliferation of fever in spleen or general splenic diseases, flatulence and splenalgia.

ཨ་རུ་ནག་ཆུང་།

*aru.nag.chung*
aru nakchung
Small black myrobalan

ཨ་རུ་རྣམ་རྒྱལ།

*a.ru.namgyal*
aru namgyal
Chebulic myrobalan, the all-conquering myrobalan
It is the most rare kind of Terminalia chebula and regarded as the king of medicine. It was available during the time of *Yuthog.pa.*
Uses: It cures disorders of all the three humours of *rlung* (wind), *mkhris.pa* (bile) and *bad.kan* (phlegm).

ཨ་རུ་འཕེལ་བྱེད།

*a.ru.'phel.byed*
aru fel jey
The enriching or increaser myrobalan
Uses: It is specifically recommended for wounds.

ཨ་རུ་ར།

*a.ru.ra*
arura
Skt. Name: Haritaki
Hindi Name: Harad/Harad chilka
English Name: Chebulic myrobalan
Botanical Name: Terminalia Chebula
Family: Combretaceae
Taste: Astringent, bitter, sweet and slightly sour
Potency: Neutral

Uses: It is an excellent blood purifier and a good health tonic.

ཨ་ཤྭ་གན་དྷ།

*a.sha.gan.dha*
asha gendah
Skt. Name: Ashvagandha
Hindi Name: Asagandh
English Name: Winter Cherry
Botanical Name: Withania Somnifera
Family: Solanaceae
Taste: Sweet to hot
Potency: Warm
Uses: It is beneficial in the treatment of cold disorders of the lower body and disorders arising from lymph, memory lapse in the elderly people, rheumatic fever, and for pregnant women. Its root is highly beneficial in improving the sperm count of patients suffering from seminal inadequacies and is also a nutritive tonic when taken with milk or clarified butter.

ཨ་སོ་ལི་ཀ།

*a.so.li.ka*
aso lika

Heart vein located at the elbow

ཨའུ་རྩི།

*a.'u. rtsi*
a oo tsi
Skt. Name:
Botanical Name: Fritillaria cirrhosa D. Don
Taste: Bitter and sweet
Potency: Cool
Uses: It is useful in the treatment of fever associated with poisoning, menstrual bleeding, fractured bones, cough due to *rlung*, cold fever of the throat, breathing problems and sputum with blood.

ཨར་སྐྱ།

*ar.skya*
ar kya
Skt. Name: Agaru
Hindi Name: Agar
English Name: White Aloeswood
Botanical Name: Indian frankincense tree
Taste: Bitter and hot
Potency: Cool and neutral

Uses: It treats *rlung* disorders, relieves inflammation of the heart and relaxes nerves.

ཨར་ནག

*ar.nag*
ar nak
Skt. Name: Agaru
Hindi Name: Agar
English Name: Black Aloeswood
Botanical Name: Aquilaria agallocha Roxb.
Taste: Bitter and hot
Potency: Cool and neutral
Uses: It treats carditis, subside fever in the life channel and eases depression.

ཨར་དམར།

*ar.dmar*
ar mar
Skt. Name: Agaru
Hindi Name: Agar
English Name:
Red Aloeswood
Botanical Name:
Cinnamomum Parthenoxylon (Tack) Nees
Taste: Bitter and hot
Potency: Cool and neutral
Uses: It controls fever entering heart and life channel (*srog.rtsa*) and fever associated with *rlung*.

ཨིནྡྲ་ནི་ལ།

*ain.gra.ni.la*
inda nila
English Name: Sapphire
Taste: Sweet
Uses: It treats imbalance of *rlung*, *mkhris.pa* and *bad.kan*, poisonings and harmful effects of evil spirits.

ཨུག་ཆོས།

*aug.chos*
ug choe
Botanical Name: Incarvillea compacta Maxim
Taste: Bitter and sweet
Potency: Cool
Uses: It treats stagnant *rlung*, distension of the body, pulmonary disorders, cough, pulmonary fever, cramps, constipation, pus formation in the ears and ear ache.

ཨུཏྤལ་དཀར་པོ།

*aut.pal.dkar.po*
upel kar po
Botanical Name: Meconops sp.

Taste: Sweet to astringent
Potency: Cool

## ཨུཏྤལ་སྔོན་པོ།

*aut.pal.sngon.po*
upel ngon po
Botanical Name: Meconopsis grandis
Taste: Sweet to astringent
Potency: Cool
Uses: It treats hot disorders of the lungs and liver, inflammations, hepatitis, sore throat, fluid accumulation associated with hot disorders and elephantiasis and pharyngitis.

## ཨུཏྤལ་དམར་པོ།

*aut.pal.dmar.po*
upel mar po
Botanical Name: Meconopsis Punica Maxim
Taste: Sweet to astringent
Potency: Cool
Uses: It is useful in the treatment of lung fever, fever associated with liver, gall bladder, inflammation of throat, blood disorders and drains water retention resulting from elephantiasis and hot conditions.

## ཨུཏྤལ་རིགས་བཞི

*aut.pal.rigs.bzhi*
upel rik shi
The Four species Meconopsis

## ཨུཏྤལ་སེར་པོ།

*aut.pal.ser.po*
upel ser po
Botanical Name: Meconopsis paniculata
Potency: Cool
Uses: See *(Aut.pal.dmar.po)*

## ཨེ་ཝམ།

*ae.wam*
e-wam
Wisdom and Method
'*E*' refers to emptiness of the wisdom and '*Wam*' refers to the great bliss of the method

## ཨེ་ཝམ་ཟུང་འཇུག

*ae.wam.zung.'jug*
ewam zung juk
The Union of '*E*' and '*Wam*'
It represents the great emptiness and the supreme unchangeable bliss.

## ཨོལ་གོང་།

*aol.gong*

ol gong
Jugular notch; hollow of Adam's apple (Suprastranum fossal)

ཨོལ་འཛུམ།

*aol.'dzum*
ol zum
It is a synonym of ***ol.gong*** (Adam's apple)

ཨོམ་སྭ་སྟི།

*aom.sva.sti*
om sa ti
May all be auspicious; May all enjoy peace and prosperity

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# མཇུག་གི་ཤིས་བརྗོད།

སྙིགས་མའི་འགྲོ་ལ་ཐུགས་རྗེ་འོ་མཚོའི་རྒྱུན།
ཆེས་ཆེར་རབ་འབར་སྨན་བླ་འཇམ་དབྱངས་དངོས།
དེང་དུས་སྙིགས་མ་ལྷ་ཡི་གདུང་སེལ་སྨད།
བྱིན་ནས་གསོ་རིག་གཙུག་ལག་རྒྱས་པར་ཤོག

སྨན་རྩིས་རིག་པའི་གཞུང་ལུགས་རྒྱ་མཚོ་ལས།
ལེགས་བྲངས་གོ་དཀའི་ཐ་སྙད་དབྱིན་བོད་ཐོག
ཤན་སྦྱར་ཚིག་གི་བང་མཛོད་གོང་བུ་འདི།
སྐལ་ལྡན་བུ་སློབ་ཚོགས་ལ་སྨན་པར་ཤོག

རྩལ་འདི་བསམ་ནས་སྨན་རྩིས་ཚིག་མཛོད་འདི།
དོན་གཉེར་ཅན་གྱི་སྤྱན་ལམ་འབུལ་ལགས་ན།
བརྩོན་འགྲུས་གོ་གྱོན་འགྲོ་དོན་ཡོང་བ་དང་།
སྨན་རྩིས་བསྟན་པ་ཉི་ཟླ་ལྟར་གནས་ཤོག

ལས་འདིར་འབད་པས་དགེ་ཚོགས་ཅི་མཆིས་པ།

རང་གཞན་གཉིས་ཕན་སྐལ་བའི་རྒྱུ་རུ་བསྔོ།

འགྲོ་བའི་རྒྱུ་འབྲས་ནད་སེལ་སྨན་རྩིས་ཀྱི།

འཕྲིན་ལས་ནམ་མཁའི་ཕ་མཐར་ཁྱབ་གྱུར་ཅིག

བདག་ཅག་བོད་འབངས་བསོད་ནམས་མཐུ་སྐྱེད་བསྔོ།

ཁྲིད་པར་གངས་ཅན་མགོན་པོ་སྤྱན་རས་གཟིགས།

རང་ཡུལ་གངས་ཅན་ཞིང་དུ་ཆིབས་བསྒྱུར་ནས།

བོད་ལ་བདེ་སྐྱིད་ཤར་བའི་བཀྲ་ཤིས་ཤོག

ཅེས་པ་གསོ་རིག་ལ་མོས་པ་ཐོབ་པའི་ལ་སྟོད་ཕ་དྲུག་པ་ཕྲན་དྲུང་འཚོ་ཚེ་རིང་ཐག་གཅོད་ཀྱིས་འཕགས་ཡུལ་བྱིས་ཀྱི་རྒྱལ་ས་བཞུགས་སྐར་ད་རམ་ས་ལར་སྤྱི་ལོ་༢༠༠༩ ཕྱི་ཟླ་༡༠ ཚེས་༡ གཟའ་སྐར་དགེ་བའི་ཉིན་བྲིས་པ་དགེ་ཞིང་བཀྲིས་པར་གྱུར་ཅིག

## About the Authors

Born in 1969 in Dhinghri near the Mount Everest, Tsering Thakchoe began his education at the tender age of eight. He studied Tibetan literature from Ngawang Chungney, a former Sera monk and from his father. After the Chinese invasion of Tibet in 1959, thousands of Tibetans had to flee Tibet in the footsteps of their leader, His Holiness the Dalai Lama. Thakchoe, too escaped to India leaving behind his parents to achieve his goals in life.

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Dr. Drungtso is arguably the first-ever Tibetan doctor to have successfully blended traditional and modern techniques to make a Tibetan flower essence, which had been proven highly effective after scientific tests in Australia. Dr. Drungtso has traveled widely in Europe, giving consultations, lectures on Tibetan medicine, teaching at spiritual centers and exchanging ideas with foreign doctors, scholars and researchers on Tibetan Medicine. Dr. Drungtso has lectured extensively throughout the Europe and has written many articles on Tibetan medicine. He is the author of Tibetan Medicine-The Healing Science of Tibet and Tibetan Book of Massage-Comforting mind and body.

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